

TESTED AND TRUSTED » QUICK AND EASY WEEKNIGHT MEALS & SWEETS

super Food Ideas

Christmas made easy

*Super-easy Cheesecake
Ice-cream Pudding, p78*

50

**NO-STRESS
RECIPES
TO IMPRESS**

FESTIVE FARE

CROWD-PLEASING
TURKEY, HAM, PORK,
SEAFOOD AND
VEGETARIAN MAINS

HOT & COLD

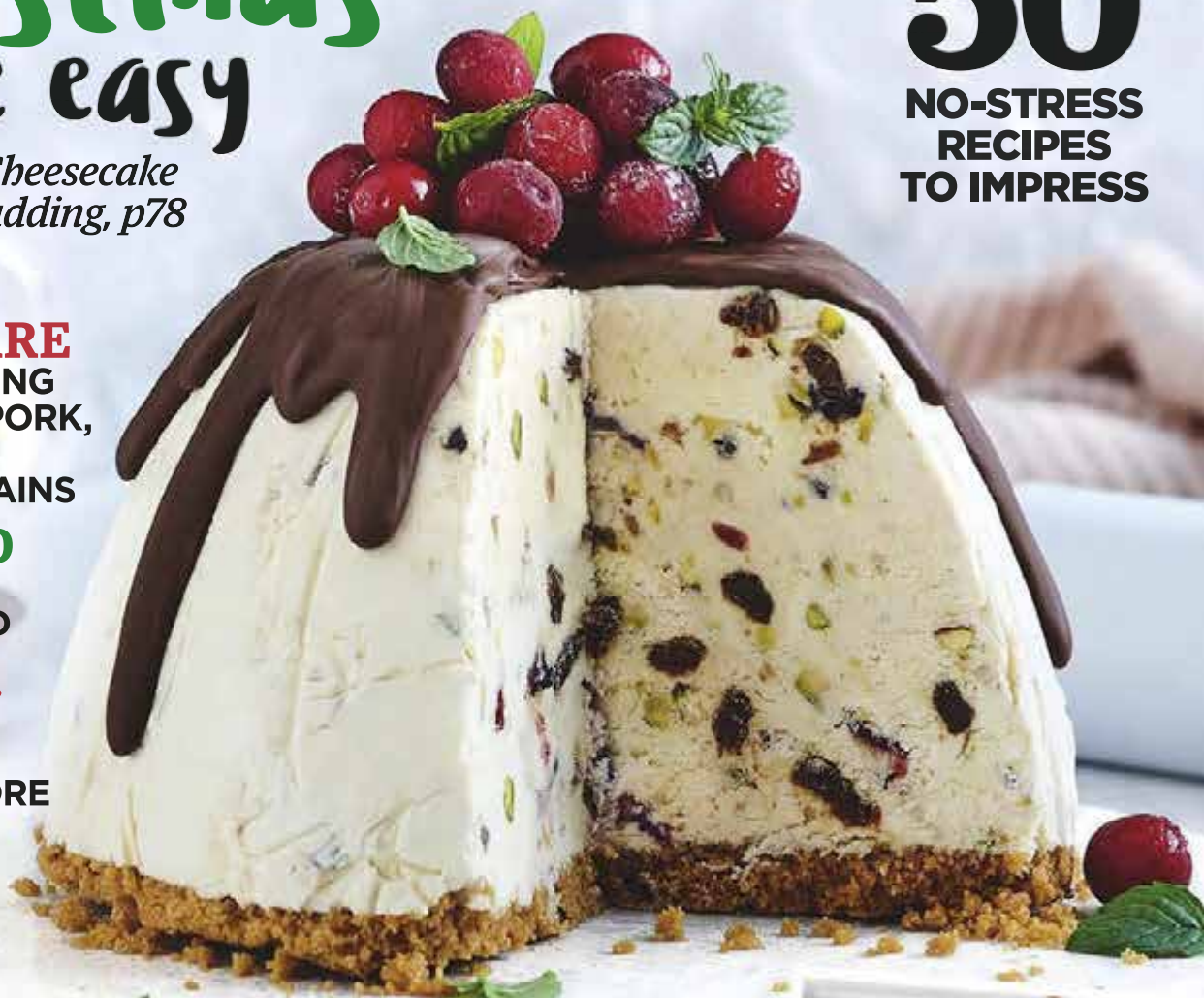
SIMPLE SIDES
TO PREP AHEAD

SWEET AS...

GINGERBREAD,
ROCKY ROAD,
FUDGE AND MORE

BIG CHILL

CHEAT'S
ICE-CREAM
SWEETS



HAM HOW-TO
P65



**P36
VEGETARIAN**



**CHEAT'S
TRIFLES P37**



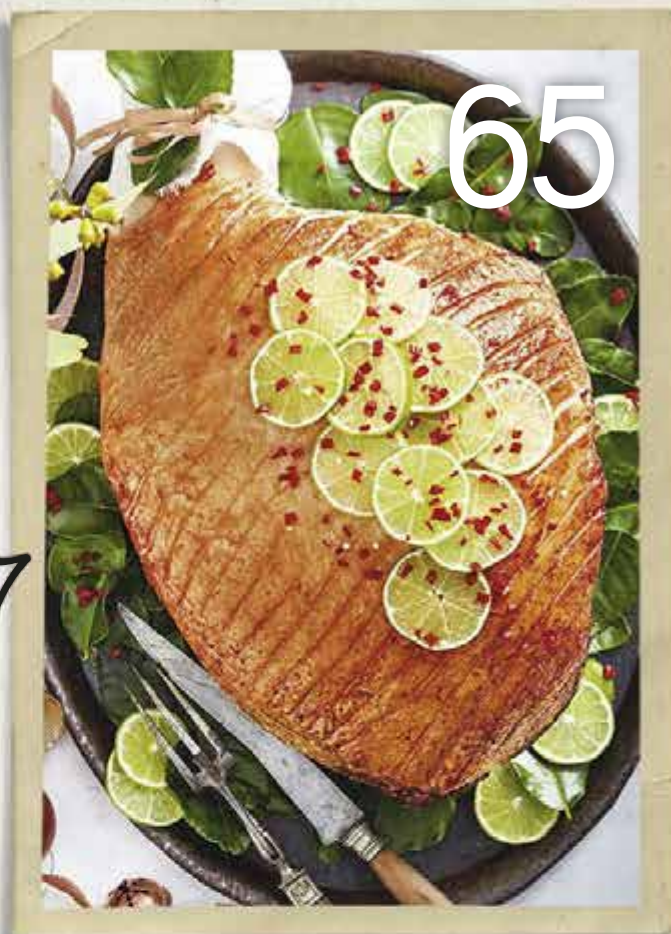
**LAYERED
CHRISTMAS DIP
P36**



Just add S&W

Australia's favourite* whole egg mayonnaise, because you can't improve on perfection.

*Source: IRI Aztec Scan, National, to 16/07/17



contents

December 2017

On the cover

- 32 CHRISTMAS MADE EASY**
- 45 FESTIVE FARE: CROWD-PLEASING TURKEY, HAM, PORK, SEAFOOD AND VEGO MAINS**
- 50 HOT AND COLD SIDES TO PREP AHEAD**
- 82 SWEET AS... GINGERBREAD, ROCKY ROAD, FUDGE AND MORE**
- 76 BIG CHILL: CHEAT'S ICE-CREAM SWEETS**

Up front

- 6 THIS MONTH**
A note from our editor.
- 8 OUR RECIPE INDEX...**
Christmas menu planning is a breeze with our at-a-glance guide to all the recipes in this issue.
- 18 YOUR FOOD IDEAS**
Have your say and you could win a prize.
- 20 IN SEASON**
Warmer weather means plenty of plump cherries, juicy watermelon and sweet lychees.
- 22 HEALTHY KITCHEN**
Balance the Christmas bingeing with a few healthy food swaps and lighter recipes from the issue.
- 24 SUPER SPY CHRISTMAS GUIDE**
We share what's on our Santa wish list and the cheat's treats we're buying to avoid Christmas Day chaos.
- 29 KIDSPOT.COM.AU CATCH-UP**
The *kidspot.com.au* crew share their top tips on getting the kids involved in Christmas preparation.
- 30 SMART SHOPPER**
Follow our Christmas countdown to make this festive season the easiest ever.
- 32 CHRISTMAS WOW**
Add the wow factor to your Christmas table with one of our show-stopping centrepieces, from a layered meringue tree to a cheesy pastry wreath. 'Tis the season for eating, after all.



Kim says:
On a hot summery Christmas Day, it makes total sense to serve an

ice-cream dessert, and our super-easy frozen cheesecake pudding is the coolest!

RECIPE Kim Coverdale
PHOTOGRAPHY Nigel Lough
STYLING Jenn Tolhurst
FOOD PREP Claire Brookman



39



Christmas cooking

46 PARTY STARTERS

Kick off the celebrations with our fuss-free festive fare.

50 SIDE SHOW

We've given classic cold sides the signature *SFI* twist.

54 HEAT SEEKERS

And the nominees for best supporting side include a glazed hasselback pumpkin and spice-rubbed whole cauliflower.

58 GOBBLED UP

You won't have to wing it with our twists on everyone's favourite festive fowl, the turkey.

64 STAR GLAZING

Give your ham centrepiece the star treatment with one of our sticky glazes or zesty accompaniments.

68 NEW TRADITIONS

Start your own tradition with our five alternative ideas for the main event.

76 FROZEN ASSETS

Celebrating Christmas in summer means ice-cream cakes, frozen cheesecake pudding and a cool-as trifle.

82 GIVE A LITTLE

These home-baked goodies, all cooked in a lamington pan, make the sweetest gifts for family, friends and neighbours.

Weekday cooking

90 EAT ALL WEEK FOR LESS THAN \$50

It's no secret Christmas can be an expensive time of year. Let us take care of the budget with our money-saving menu plan.

104 LEFTOVERS MADE OVER

Tired of turkey sandwiches? Turn to these recipes to transform your Christmas leftovers into something special.

Weekend cooking

110 BREKKIE BOARD

Load your breakfast board with all the buffet favourites so guests can pick and choose whatever they like.

112 BRUNCH DATE

With no alarms going off, brunch is the perfect time to catch up with friends and we've included all the best mid-morning treats.

114 GRAZED OVER

We see your cheese board and raise you this epic grazing platter, complete with a gooey baked brie.

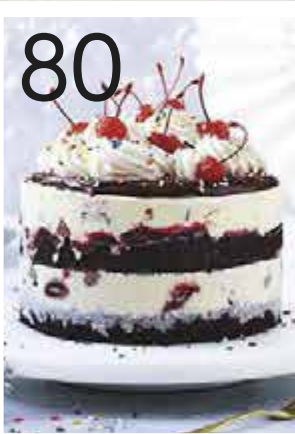
116 BUILD A BURGER

This board provides all the essentials for a mouth-watering burger – there's even an option for the vegetarians!

118 DESSERT ISLAND

With truffles, brownies, meringues and plenty of chocolate, this sweet assortment is everyone's dream dessert.

80



118



78



Don't forget!

**OUR JAN/FEB 2018
ISSUE HITS STANDS
ON DECEMBER 18
(AUSTRALIA)**

Missed any of our issues?
You can easily download past
issues, from May 2011 onwards,
from only \$1.49 on iTunes. Visit
appstore.com/superfoodideas.

Regulars and competitions

31 DIGITAL SUBSCRIPTION OFFER

102 SUBSCRIPTION OFFER

120 SUPER SHELF

122 PUZZLES



SHARE THE MAGIC
of Baking
THIS CHRISTMAS



Make your Christmas extra special with Sunbeam dried fruit & nuts, a kitchen favourite since 1926. We select only the very best Australian sultanas, raisins and currants from the sundrenched Mildura region. For this delicious raisin & chocolate pudding recipe, and all your Christmas baking needs go to Sunbeamfoods.com.au



CHECKING IT TWICE...

With Christmas holidays and a whole year to look back on, I'm counting my blessings, and my fantastic food team has certainly made the list



Christmas is when we all get a moment to reflect and be grateful for all that we have - family we treasure, fabulous friends, a supportive community, and a wonderful food team. I know not everyone has a food team on their list of blessings, but they're certainly on mine. Kim, Claire and Amira have such incredible talent, not only for cooking, but also for

coming up with inspiring recipes and twists on the familiar. And, of course, they so generously share them with us in every issue.

As you turn the pages you'll see their creativity in action, starting with Claire's show-stopping recipes in our Christmas Wow story, p32. Her brief was to create recipes that 'scream Christmas' and she totally nailed it. Amira's mains, p68, are designed to inspire those looking for something less traditional, but equally delicious, while Kim's easy and impressive frozen desserts, p76, are perfect for that sweltering Christmas daze.

My favourite recipe from this issue was inspired by a cake I made for my dear friend, Margaret, who has the unfortunate birthday of December 27. It was a choc-ripple cake, and I did it in a ring to fit my round platter. It was so incredibly easy and ridiculously amazing. I told the team about it and, as usual, they performed their magic. You'll find Claire's joyful version on p39. Happy eating!

Rebecca

REBECCA COX, EDITOR



We're excited about:

#1 VEGETARIAN No more veggie lasagne for the non-meat eaters

(not that there's anything wrong with it).

Serve our polenta tart with ricotta and roasted peaches, p74, instead.

#2 SLAB-PAN GIFTS Make these super-easy sweet treats to show you care, p82. You can even give them with the lamington pan they're made in for a more substantial gift.

#3 EVERYTHING CHRISTMAS There are starters, hot and cold sides, turkeys, hams, mains, desserts and even a punch, all starting on p46.



PLATTER MATTERS

✦ There's always lots of people dropping in during the holidays, and they all need feeding!

✦ This issue, we bring you five platters for the hungry hordes no matter the time of day (p110).

✦ There's one for a big breakfast (great for the morning after the night before), another more suited for a healthy brunch, a drinks and nibbles board for grazing, one with all the fixings for burgers and, finally, a dessert degustation. Your day of eating - sorted!

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join the conversation at [Facebook.com/kitchenaidausnz](https://www.facebook.com/kitchenaidausnz)**

*When testing the actual blender power output at the blade using a dynamometer, a machine laboratories use to measure mechanical power, the KitchenAid Pro Line® Series blender, with its heavy duty motor and advanced motor control board, produces more power than leading domestic blenders.

OUR RECIPES...



93

BREAKFAST

Breakfast gets a tropical twist with this papaya bowl.

Papaya Breakfast Bowls



113

Apple and Coconut Overnight Oats



113

Berry Cinnamon Compote



110

Chilli-spiked Avocado Wedges



110

Chorizo and Haloumi Fry-up



113

Crunchy Seed Granola Topping



110

Marinated Fetta and Dill Baked Omelette



93

Scrambled Egg, Ham and Relish Croissants



110

Smoky Bacon Chilli Baked Beans



92

A strawberry crumble for breakfast? We'll get out of bed for that!

Strawberry Oat Crisp

NIBBLES



114

Baked Brie with Roasted Balsamic Strawberries



47

Barbecued Paprika Prawns with Green Goddess Cream



114

Herb Cream Cheese Log



114

Prosciutto and Cranberry Asparagus



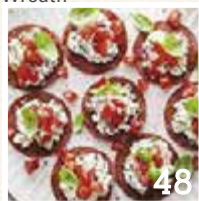
36

Roast Vegetable and Camembert Pastry Wreath



49

Smoked Salmon Sushi Rolls



48

Spicy Salami Bites



48

Sweet Potato, Pear and Goat's Cheese Bites



36

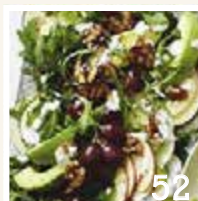
Layered Christmas Dip

SIDES & LIGHT MEALS



56

Boozy Baked Root Vegetables



52

Candied Walnut and Avocado Salad



51

Confit Tomato Caprese-style Salad



53

Happy Hippie Salad



52

Jamaican Confetti Rice Salad



57

Leek Tarte Tatin



56

Prosciutto-wrapped Baby Carrots with Maple Glaze



54

Spice-roasted Cauliflower



117

Twice-cooked Potato Wedges



55

Sticky Hasselback Pumpkin



50

Mango is the star in this Asian-inspired noodle salad.

Mango and Chilli-pickled Cucumber Noodle Salad

It's the one day of the year totally devoted to food, so deck the table with our delicious festive fare and have yourself a very merry, food-filled Christmas!



60
Barbecued Cherry, Brie and Spinach-stuffed Turkey Breast

TURKEY

Save much-needed oven space by cooking the turkey in the barbie.



109
Peri Peri Turkey and Mango Salsa Rice Bowl



62
Roast Turkey Buffe with Easy Cheesy Bread and Bacon Stuffing



59
Slow-cooker Spice-rubbed Turkey Breast with Crunchy Potatoes



63
Sticky Cola-glazed Turkey with Spicy Capsicum and Rice Stuffing



108
Turkey and Crunchy Hash Salad



94
Turkey, Peach and Rocket Rolls



61
Turkey, Sage and Cranberry Terrine

CHICKEN



96
Charred Cajun Chicken with Raw Broccoli Salad



94
Curried Chicken and Mango Pasta Salad



117
Eggplant and Sweet Potato Patties



74
Goat's Cheese and Fennel Tart with Roasted Peaches



95
Falafel and Dip Bento Box



95
Roast Carrot and Haloumi Tacos

VEGETARIAN

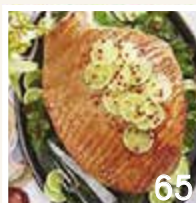
BEEF, PORK & LAMB



117
Beef and Cheddar Patties



97
Ham Skewers with Rice and Pecan Salad



65
Lemongrass, Ginger and Lime Glazed Ham



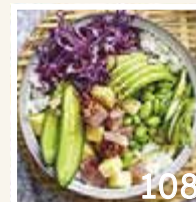
67
Brown Sugar and Honey Mustard Ham



98
Indonesian Sticky Mince and Rice



106
Rare Roast Beef with Warm Barley and Roast Vegetable Salad



108
Ham and Pineapple Poke Bowl



99
Lamb and Coriander Stir-fry with Chilli Ginger Chips



75
Red Wine-poached Beef with Plum Salad



72
Summer Fruit-stuffed Roast Pork with Sherry Gravy



106
Spring Roll Bowl with Crispy Wontons



94
Super Green Rice Salad

FISH & SEAFOOD



73
Firecracker Salmon



100
Salmon and Potato Patties with Herbed Pea Salad



74
Summer Barbecue Prawn Platter

COVER RECIPE

COVER RECIPE

Frozen Christmas Cheesecake Pudding

78



What would Christmas be without pudding? We've tinkered with this classic and turned it into a frozen cheesecake, complete with a gingernut base, and it's perfect for an Aussie Christmas.

SOMETHING EXTRA



Raspberry and Mango Salsa



Spiced Beetroot and Orange Relish



Sweet Chilli and Pineapple Jam Glaze

46

Nothing gets a Christmas party started quite like punch! Our version is made from strawberries and rosé, and pairs perfectly with any nibbles you serve.

Sparkling Rosé and Strawberry Punch

SWEETS



Cherry, Walnut and Choc-chunk Brownies



Choc-cherry Ice-cream Sundae Cake



Easy Choc Ripple Wreath



Frosted Gingerbread Slab



Mocha Truffles with Candied Hazelnuts



Pistachio and Pomegranate Rocky Road Slab



Raspberry and Lime Meringue Christmas Tree



Raspberry Trifle Ice-cream Cake



Raspberry and Turkish Delight Coconut Ice Slab



Salted Caramel Crunch Ice-cream Cake



Sour Cherry and Hazelnut Panforte Slab



Strawberry-swirl Meringue Nests



Christmas Star Mini Trifles



Tropical Sunrise Sorbet Cake



White Chocolate and Candy Cane Fudge Slab

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DONNA HAY MAGAZINE



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Editor-in-chief
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Editor-in-chief
TASTE.COM.AU MAGAZINE



CLAIRE BRADLEY
Editor-in-chief
INSIDE OUT



REBECCA COX
Editor
SUPER FOOD IDEAS



KERRIE McCALLUM
Editor-in-chief
DELICIOUS.

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FROM LEFT: SMEG 50s STYLE BLENDER IN PALE BLUE (BLF01PBAU), \$299; KENWOOD CHEF SENSE XL MIXER IN PINK WITH INCLUDED WHISK ATTACHMENT (KVL6100P), \$699; KITCHENAID COLD BREW COFFEE MAKER IN STAINLESS STEEL (5KCM4212ASX), \$199; KITCHENAID SPICE & COFFEE GRINDER (5AKCG1110B), \$99.

THE DESSERT QUEEN



"Light and delicate meringue makes the perfect summer dessert. With a creamy topping and drizzle of raspberry, it is sure to impress guests."

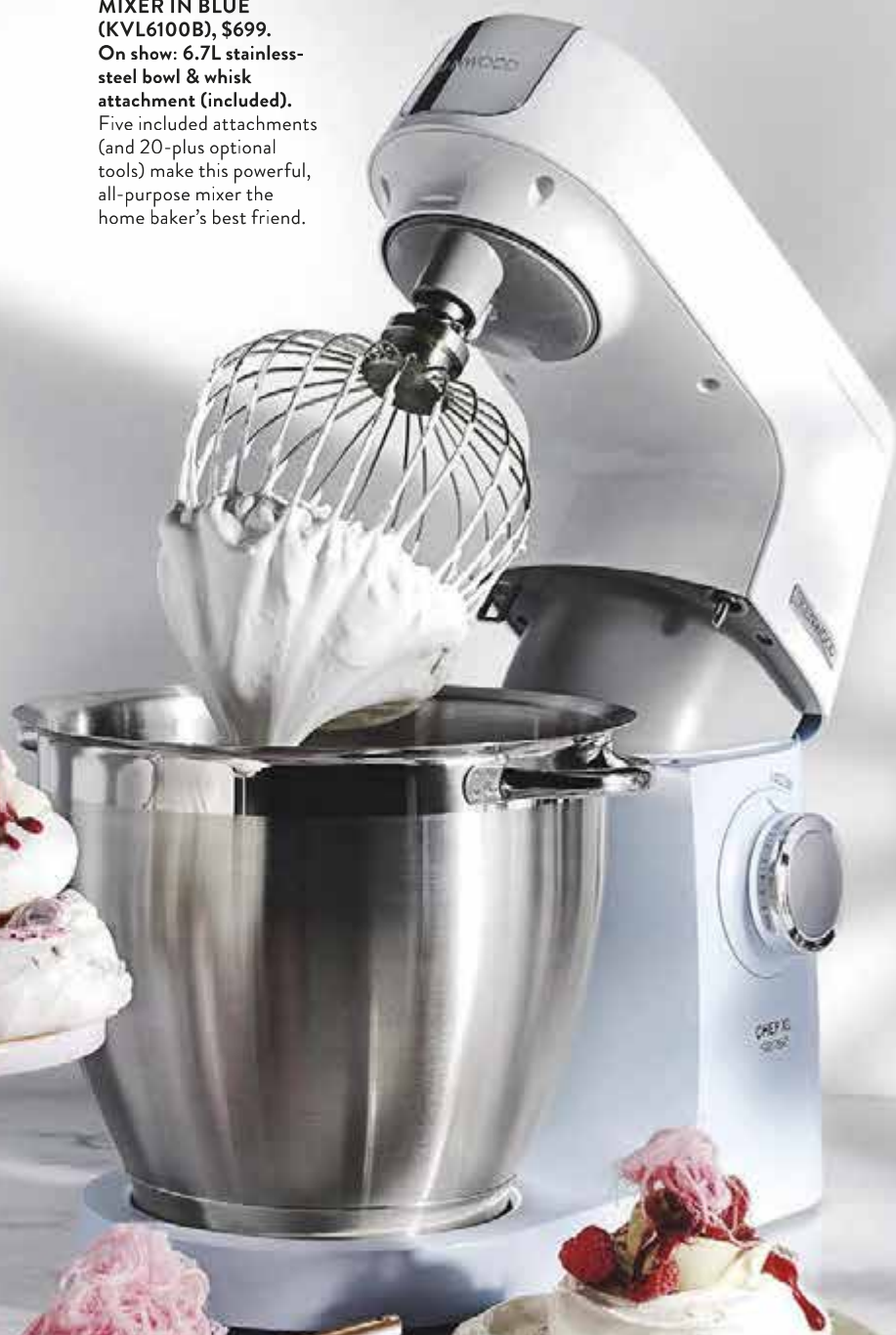
DONNA HAY
Editor-in-chief
DONNA HAY MAGAZINE

WHIPSMART

KENWOOD
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(KVL6100B), \$699.

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THE PARTY GENIUS



"Entertaining is meant
to be fun, so bring out the
party spirit of your summer
soirees with tangy cocktails
and grown-up sorbets."

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as faux pasta or as the hero of
a poke bowl, are super-simple
to make with a spiraliser.



THE ALFRESCO HERO



"Summer in Australia is all about enjoying balmy days and nights and nothing brings the flavour of the outdoors to life better than barbecue style cooking."

CLAIRE BRADLEY
Editor-in-chief
INSIDE OUT

GARLIC
& SUMMER HERB
SCALLOPS
IN THE SHELL
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TWIN SIZZLER

SUNBEAM REVERSAGRILL
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safe hotplate on this compact
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REBECCA COX
Editor
SUPER FOOD IDEAS

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TIRAMISU LOG
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CAKE WITH DARK
CHOCOLATE DRIZZLE

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THE QUICK-COOK ARTIST



"Turning your piece de
resistance into a spectacular
celebration cake can be
surprisingly easy when
you give your imagination
carte blanche."

BRODEE MYERS-COOKE
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your food ideas

Like something? Hate something?
Cooked something? Took a picture of it?
We love all your feedback!



**"IT WAS SO MUCH
FUN TO BAKE AND
PUT TOGETHER!"**

@ Bogus burgers

My son spotted the Sham Hamburger Cake (September 2014, p88) and said "Can I have that for my birthday cake?". When it was his birthday, we made it. He piped the 'lettuce', popped the 'tomato' on, helped ice the top and put on the 'sesame seeds'. It was so much fun to bake and put together, not to mention delicious as well. We had lots of praise from friends, too!
Michelle Duncan, via Instagram

@ Hidden gems

I loved baking the Potato Gem and Ham Hash Cups (September 2017, p58). My four-year-old helped me bake them and they were eaten up so quickly that I made a second batch a few hours later. They will definitely be a favourite kid and adult-friendly delight. Thank you for such a yummy recipe.
Rowena Weder, via email

@ Green thumbs

I was absolutely thrilled with the Vegie Patch Cupcakes (September 2017, p94). It's a bit of a family joke - I always make dad a kids' cake for his birthday even though he doesn't eat cake! The grandkids love it. I thought the 'healthy' vegie patch cupcakes were perfect for my healthy dad. They were a huge hit and everyone loved the look and taste.
Julie Barnes, via email



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Did you miss any of our recipes?



Whether it's the Sham Hamburger Cake from September 2014 or the Super-cute Penguins from July 2017, everyone has a favourite *Super Food Ideas* recipe. Now it's easy to download past issues and relive your favourite meals.

**FROM
\$1.49**

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Visit appstore.com/superfoodideas.

Write in and win:

This month's readers receive a Panasonic NN-SF574S 27L Microwave Oven, \$329.

The traditional turntable has been removed so even the largest of dishes can fit with ease. Visit panasonic.com.au for more information.



Next month's 'write in and win' opens 6/11/2017 and closes 17/12/2017. Australian residents only. Winners selected on 18/12/17 at NewsLifeMedia. For Terms & Conditions, visit superfoodideas.com.au. For the NewsLifeMedia Privacy Policy, see p122.



An all-round hero of the pantry – use as a base for stir fry, a topper for baked salmon, a filling for sandwiches



Our cordial is your summer drinks companion – just add sparkling water for a refreshing spritzer.

Your new best friend in the kitchen. It's a perfect meal sauce, marinade or just on the side at the BBQ.

For food lovers



Flavour up your wraps and sandwiches or create platter perfection with cheese.



Jam that's batch made on the family farm with real fruit and lots of it. A tasty family pleaser at breakfast.

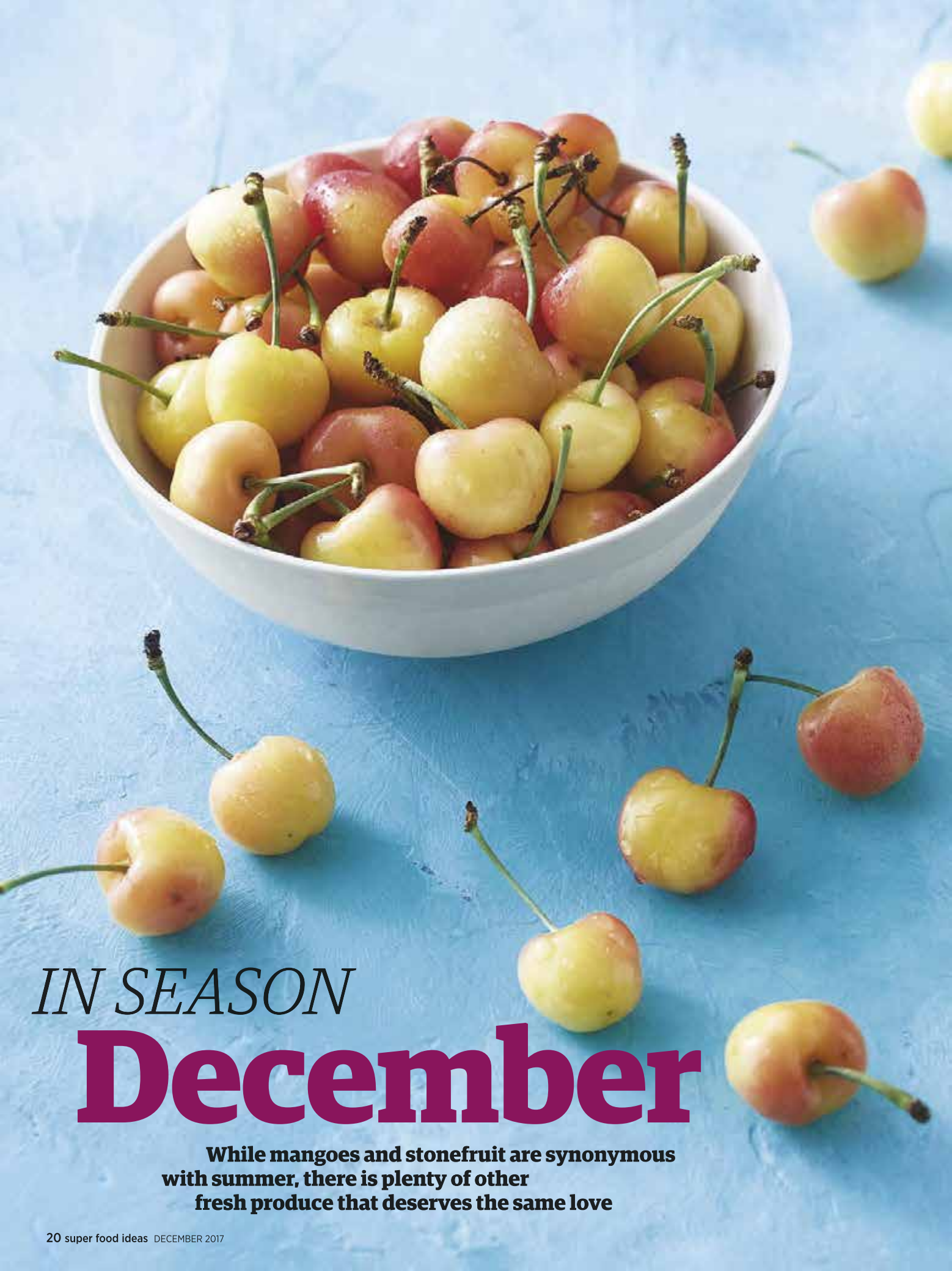


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IN SEASON

December

While mangoes and stonefruit are synonymous with summer, there is plenty of other fresh produce that deserves the same love



AND LOOK OUT FOR

**Butter beans | Watermelon | Lychees |
Sugar snap peas | Turmeric | Zucchini**

"Life is just a bowl of cherries, don't take it serious, it's mysterious. Life is just a bowl of cherries, so live and laugh and laugh at love, love a laugh, laugh and love."

BOB FOSSE, CHOREOGRAPHER,
DANCER AND DIRECTOR

Rainier cherries These bite-sized beauties originated in 1952 when researchers at Washington State University in the US crossed two red-skinned cherry varieties. Despite this, they have a golden flesh with a yellow to pink blush, and are very sweet thanks to their high sugar content. Select plump, shiny cherries with green stems, and avoid any with brown spots.

TO STORE: Cherries can deteriorate within an hour at room temperature, so store in the crisper section of the fridge as soon as you can.

PERFECT PARTNERS: Vanilla, cinnamon, nutmeg, chocolate, cream, maple syrup, almond.

QUICK IDEA: Dip cherries in dark chocolate and coat in a crushed almond praline.

Butter beans So named because of their unique buttery flavour, butter beans have distinct deep-purple seeds within a long, yellow pod. They're also known as wax beans and can be used in exactly the same way as green beans.

PERFECT PARTNERS: Tuna, roast pork, potatoes, shallots, parsley, chervil, tarragon, parmesan, salmon.

QUICK IDEA: Toss steamed butter beans with boiled baby potatoes, sliced red onion, chopped flat-leaf parsley and a creamy mustard and mayonnaise dressing.

Watermelon On a hot summer's day, nothing quenches your thirst quite like a slice of watermelon, probably due to the fact it's 92 per cent water! If buying whole, tap the sides and listen for a hollow sound. For pre-cut, look for deep-coloured flesh as it's a good indicator of sweetness.

PERFECT PARTNERS: Grapes, strawberries, lemon, mint, ham, roasted duck, chicken.

QUICK IDEA: Process toasted sesame seeds, cumin seeds, coriander seeds and pistachio kernels. Cut watermelon into cubes and coat in the dukkah spice mix.

Lychees Introduced into Australia by Chinese goldminers in the 1870s, the flavour of lychees is best described as a cross between a pear and a grape. Select lychees with rosy-coloured skin and store in the crisper section of the fridge for up to 5 days.

PERFECT PARTNERS: Mango, coconut, duck, bananas, passionfruit, cashews, sesame, honey, elderflower, cream, blueberries.

QUICK IDEA: Combine chopped lychees, coriander, chilli, lime juice and sesame oil, and serve over grilled salmon or prawns.

Sugar snap peas As the name suggests, sugar snap peas are both sweet and crunchy. Because they need so little prep (just trim by holding the pointed end and pulling down the length to remove the inner seam), they're known as *mange tout* in France, which means 'eat it all'.

PERFECT PARTNERS: Fetta, soy sauce, ginger, lamb, mint, salmon, almonds, oyster sauce, orange.

QUICK IDEA: Combine orange juice, grated ginger, sesame oil and white balsamic vinegar, and toss through steamed sugar snap peas. Sprinkle with sesame seeds.

Turmeric A member of the ginger family, turmeric does more than add zing to marinades, tagines, and these days, even lattes! Widely used in traditional Indian healing, turmeric's active ingredient, curcumin, is a natural anti-inflammatory and is said to assist in cancer prevention.

PERFECT PARTNERS: White fish, chicken, orange, coriander, coconut, chilli, potatoes, rice, lemon, lime.

QUICK IDEA: For a drink, process a little grated turmeric with mango, a frozen banana, almond milk and cinnamon until smooth.

Zucchini An excellent source of vitamin C and beta carotene, zucchini also works well grated into kids' bolognese, muffins and fritters. Just make sure you keep the skin on as that's where most of the nutritional value is found.

PERFECT PARTNERS: Lemon, basil, chicken, fish, garlic, extra virgin olive oil, mint, fetta.

QUICK IDEA: Grate zucchini, squeeze out excess moisture and add to your next batch of cheese muffins. ■

Healthy kitchen



Claire says: With yuletide tipples and mince pies aplenty, it's easy to let your healthy eating habits fall by the wayside during the silly season. Balance the bingeing with some of our healthier recipes



**CAJUN CHICKEN
WITH RAW
BROCCOLI SALAD**

p96



**HAPPY HIPPIE
SALAD**

p53



**RARE ROAST
BEEF WITH WARM
BARLEY AND ROAST
VEGETABLE SALAD**

p106



**SUMMER BARBECUE
PRAWN PLATTER**

p74

This for that

Christmas is a time to indulge, but it doesn't have to be a free-for-all. By making a few healthy food swaps you can still enjoy all your festive favourites without popping your jeans button. Swap fatty pieces of meat for leaner cuts, such as fillets, and load up your plate with healthy sides. While we're talking sides, skip the croutons and bacon for crunchy nuts and seeds, and swap creamy dressings for Greek yoghurt. And why not use brown or wild rice, or other grains such as barley, in place of white rice.

DID YOU KNOW?

These healthy recipes were the most clicked on taste.com.au for Christmas last year:

**1 ZUCCHINI
SLICE**

**2 THAI BEEF
SALAD**

**3 PUMPKIN AND
SPINACH SALAD**

**4 PRAWN, MANGO AND
AVOCADO SALAD**

**5 HEALTHY CACAO,
COCONUT AND
DATE BALLS**

WEET-BIX Plant sterols are a group of natural compounds found in plant foods and when eaten in high amounts, between two and three grams, they can help lower 'bad' LDL cholesterol for people with high cholesterol. To reach this amount, certain food products are enriched with plant sterols. Weet-Bix Cholesterol Lowering is the first cereal in Australia to contain two grams, rather than one, of plant sterols per serve. Even better, they taste just like regular Weet-bix!



Recipe know-how:

- + We use Australian standard measures.
- + In liquid measures, 250ml = 1 cup.
- + Dry ingredients are measured in level 1 cup, ½ cup, ⅓ cup and ¼ cup measures.
- + 1 tablespoon = 20ml (note NZ, US and UK tablespoon = 15ml).
- + 1 teaspoon = 5ml.
- + We use 59g to 60g eggs.
- + We use 1100-watt microwaves, unless otherwise specified.

Nutrition know-how:

- + **HEART FRIENDLY:** Low saturated fat, high fibre, lower sodium with heart-friendly fats. Desserts that are based on low-fat dairy without fruit/grain ingredients don't need to be high fibre.
- + **DIABETES FRIENDLY:** Low saturated fat, high fibre, lower sodium with lower GI carbs.
- + **HEALTHY:** Low saturated fat, less than 3000kJ and 800mg sodium per main meal.
- + **VEGETARIAN:** No meat, fish or poultry but may contain eggs and/or dairy.

- + **GLUTEN FREE:** No gluten-containing ingredients (ie, wheat, rye, barley, oats or derivatives).
- + **HIGH IN CALCIUM:** At least 200mg of calcium per serve from lower fat dairy products and/or canned fish with bones.
- + **LOWER GI:** Low saturated fat with at least 10g carbs per serve from lower GI carbs.
- + **CONTAINS OMEGA-3:** Contains at least 115g raw or 95g canned oily fish per serve, or at least 100g raw oysters, mussels, scallops or squid/calamari per serve.

	LOW KILOJOULE	LOW FAT	LOW SAT FAT	HIGH FIBRE	LOWER SODIUM
Main meal	<2000kJ	<15g	<6g	>5g	<600mg
Meal component	<1000kJ	<8g	<3g	>3g	<300mg per 100g
Light meal	<1500kJ	<10g	<4g	>4g	<400mg
Snack/dessert	<600kJ	<5g	<2g	>3g	<200mg

Tags: Look out for THE INFO on recipes to find nutrition info.

THE INFO

+ HIGH FIBRE
+ LOW SODIUM



To serve and protect

Our 'to serve' suggestions are based on the following amounts for four people.

RICE = 4 cups cooked rice

PASTA = 375g uncooked dried pasta

COUSCOUS = 3 cups cooked couscous made with water

MASHED POTATO = 800g peeled and boiled desirée potatoes, 20g butter and 2 tablespoons full-fat milk

BREAD = 4 x 50g slices crusty white bread or 4 x 70g slices sourdough bread

PARMESAN CHEESE = ⅓ cup finely grated

SALAD LEAVES, BABY ROCKET OR BABY SPINACH = 80g

SOUR CREAM = ⅓ cup

LEMON OR LIME WEDGES = 1, cut into wedges

TOMATO SAUCE, BARBECUE SAUCE OR SWEET CHILLI SAUCE = ⅓ cup

GRAVY = 1 cup instant gravy

PLAIN GREEK-STYLE YOGHURT = ⅓ cup

DOUBLE CREAM = ⅓ cup

WHIPPED CREAM = ½ cup pure cream, whipped

CUSTARD = 1 cup

CHOCOLATE CURLS OR GRATED CHOCOLATE = 40g

ICE-CREAM = 4 x 45g scoops vanilla ice-cream

Email questions about our recipes to superfoodideas@news.com.au

12 GUESTS A' WAITING

11 PIPERS PIPING

10 VAROMAS STEAMING

9 BUTTERFLIES WHISKING

8 ALMONDS MILKING

7 SCRAPERS SCRAPING

6 BLADES A' BLENDING

5 ROSE GOLD TINS

4 THERMOSERVERS

3 COURSE MEAL

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SUPER SPY

The latest on what the team's eating, buying and loving this month

WHAT THE SFI TEAM IS GIVING THIS CHRISTMAS

1 For the... faux pro

Slice and dice your way to MasterChef stardom with these **Control Knives** from kitchen tool specialist, Zyliss. Starting at \$38.95, each knife has been cleverly designed to suit all hand sizes and grips while still maintaining precision and comfort. The contoured handle features non-slip grip and the top of the blade has a unique touch point for ultimate control. Available at Myer.

1



2 For the... chocolate addict

The new **Cadbury Christmas Stockings**, \$5.99, are stuffed with everyone's favourite Cadbury treats including Dairy Milk, Twirl, Cherry Ripe, Boost and Dairy Milk Oreo bar, and are perfect to give to school teachers, footy coaches and maths tutors. The stockings also feature name tags, so you can make sure everyone is ticked off your 'to-buy-for' list. Find them at Coles.

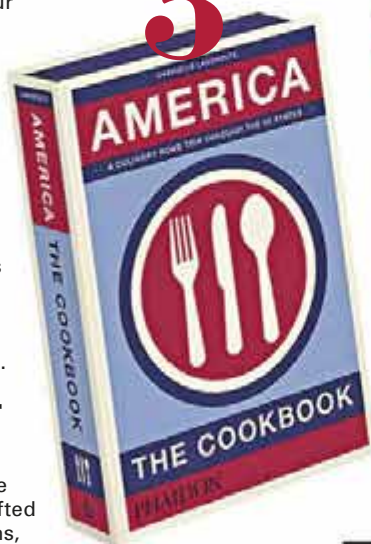
2



3 For the... jetsetter

Adding to its successful national cuisine series is Phaidon's **America: The Cookbook** by Gabrielle Langholtz (\$59.95). With 850 recipes, the cookbook highlights America's unique melting pot of cultures and cuisines, and features guest stories by food writers and chefs from each of the 50 states. At home in the kitchen or on the coffee table, it's available from good bookshops.

3



4 For the... mindful eater

Do a little good this Christmas and pick up the **Arabesque Range** from the Oxfam Australia shop. The gorgeous ceramic range is handcrafted by the Bethlehem Fair Trade Artisans, a not-for-profit NGO that empowers vulnerable producers in Palestine to earn a living, and includes serving plates, bowls, mugs and egg cups. Starting from \$9.95, visit shop.oxfam.org.au.

4



5 For the... party starter

A glass of bubbly and Christmas go hand-in-hand, so why not serve it in style with **IKEA Storhet Champagne Coupes**. The shallow, broad-bowled stemmed glasses bring a touch of glamour and, at \$2.99 a glass, there's still plenty left in the Christmas budget for a bottle of bubbles (or two!). Find them at IKEA stores or online at IKEA.com.au.

5



EASY CHRISTMAS ENTERTAINING IDEAS

1 Cheat's sweets

We're partial to the odd shortcut (and lamington) so you can imagine our delight when we got our hands on this **Lamington Sponge Pudding**, \$7. The ready-made dessert includes a fluffy sponge pudding, chocolate sauce and desiccated coconut so all you have to do is assemble and serve. You could even pass it off as homemade (we won't tell!). Available at Coles.



2 Melting magic

Forget the hassle of melting chocolate this festive season with the new **Dr. Oetker Easy Choc**, \$4. Available in milk and white choc, simply microwave the pot and use as a dip for strawberries and pretzels, a drizzle for cakes and cupcakes or add it to dessert boards like we did on p118. Plus, any leftovers can be reheated so nothing goes to waste. Available at Coles and Woolworths.

3 Kids' table

The Christmas feast is stressful enough without worrying about a dessert for the kids. That's why we'll be stocking our freezer with the new **Bulla Creamy Classics Ice Cream Sandwiches**, \$7.99

for a pack of four. With three flavours to choose from, including mint choc chip, double choc fudge and vanilla, we imagine a few adults will be asking Santa for one, too. Find them at Coles, Woolworths and independent supermarkets.



4 Dip in

Stock your fridge with **Chris' Festivale Exotic Global Dips**, \$5, for when guests drop by unannounced. Taking inspiration from the flavours of Mexico, the Mediterranean, Sri Lanka and America's South, the chunky dips come in table-ready tubs so all you need to do is grab the crackers. We're guilty of double dipping the Sri Lankan sweet potato and coconut dip! Find them at Woolworths.



UNWRAP
magic
THIS CHRISTMAS



Give your gifts an extra touch of magic and celebrate with our inspiring festive ideas.

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“it made my
tummy smile”


REVIEWED BY ELLA



These gingerbread men were homemade with love by Claire.
Mother and favourite chef of Ella.



Be someone's favourite chef



***with sugar
on top***

Make your family's Christmas extra special and sweet with this double-choc toffee tart, dusted with snowflakes



RICH DOUBLE-CHOC TOFFEE CRUNCH TART

SERVES 12

PREP 1 HOUR (PLUS COOLING AND 8 HOURS REFRIGERATION) COOK 45 MINUTES

100g dark chocolate, chopped

**1½ cups thickened cream,
at room temperature**

180g white chocolate, chopped

3 teaspoons CSR Soft Icing Mixture

3 teaspoons cocoa powder

Vanilla Pastry

1½ cups plain flour

¼ cup CSR Raw Sugar

150g chilled butter, chopped

1 egg yolk

2 tablespoons chilled water

1 teaspoon vanilla bean paste

Cranberry Toffee

¼ cup dried cranberries

¼ cup CSR Caster Sugar

1 Make Vanilla Pastry Process flour, raw sugar and butter in a food processor until combined. Add egg yolk, chilled water and vanilla paste. Process until mixture just comes together. Shape into a disc. Cover with plastic wrap. Refrigerate for 30 minutes.

2 Grease a 4cm-deep, 23cm round (base) loose-based fluted tart pan. Roll out pastry between 2 sheets of baking paper until 3mm thick. Line base and sides of pan with pastry. Trim edge. Refrigerate for 30 minutes.

3 Preheat oven to 200°C/180°C fan-forced. Place pan on a baking tray. Line pastry with baking paper. Fill with pie weights or uncooked rice. Bake for 15 minutes. Remove weights or rice and paper. Bake

for 10 minutes or until pastry is golden and cooked through. Cool completely.

4 Make Cranberry Toffee Place cranberries in a single layer on a baking paper-lined baking tray. Combine caster sugar and ½ cup water in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until sugar dissolves. Increase heat to high. Bring to the boil. Boil, without stirring, for 8 to 10 minutes or until mixture turns golden. Carefully pour mixture over cranberries. Cool completely. Roughly chop.

5 Place dark chocolate and ⅔ cup cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring halfway through, for 1 minute to 1 minute 30 seconds or until melted and smooth. Stand for 30 minutes or until cool. Using an electric mixer, beat chocolate until lighter in colour and soft peaks almost form (don't over-beat or mixture will separate). Fold in cranberry toffee. Spoon mixture over tart base. Refrigerate for 1 hour.

6 Place white chocolate and ½ the remaining cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring halfway through, for 1 to 2 minutes or until melted and smooth. Stand for 30 minutes or until cool.

7 Using an electric mixer, beat remaining cream until soft peaks form. Fold in white chocolate mixture (don't over-mix or mixture will separate). Spoon mixture over cranberry layer. Level top. Refrigerate for 6 hours or until set.

8 Transfer tart to a serving plate. Combine soft icing mixture and cocoa in a bowl. Using stencil, dust tart with icing sugar mixture. Serve. ■



Sweet tips for Christmas cooking

- ❄ Caster sugar is perfect for festive baking as it dissolves easily when whipped into cakes, slices and pavlova, or stirred into custards and cocktails. It also adds an extra layer of visual and textural appeal when sprinkled on top of shortbread.
- ❄ Soft icing mixture dissolves instantly, making it ideal for Christmas frostings and fondants, while pure icing sugar is best for hard set icings.
- ❄ The molasses in brown sugar adds depth to seasonal desserts, moistness to cakes, a unique texture to fudge and that all-important shine to the perfect ham glaze.



CATCH-UP

Australia's top parenting site
shares simple tips and great
ideas for keeping it real
when you're a mum

3 ways to get the kids involved in Christmas preparation

1 WRAP THE PRESENTS AND SIGN THE CARDS

Christmas is a time for giving, and what better way to help kids develop a generous spirit than by having them help wrap presents and sign cards for extended family and friends. Little kids can put the sticky tape in place, while bigger kids can write the names of recipients and a little note of love on gift cards. If you're super prepared, you could have the kids decorate butcher's paper and use it as gift wrap.

2 MAKE HOMEMADE DECORATIONS

Personalise your Christmas tree by having your children make decorations. Cut out stars, bells and angels from cardboard and paste Christmas-coloured paper shapes onto them or just use stickers. For a much tastier alternative to tinsel, thread popcorn onto string and wrap around the tree – just be careful with that sharp needle. Head over to kidspot.com.au to find lots more DIY decoration ideas.

3 GET THEM BUSY IN THE KITCHEN

The festive season revolves around food and family, and now is the perfect time to forge some new traditions by doing a little cooking together. Try making some shortbread Christmas trees and get the kids to decorate them with sprinkles and edible glitter. Or make a batch of truffles and get their help in rolling them into balls. You could even build a gingerbread house together if you're feeling really adventurous!

IT'S NOT HARD TO
GET YOUR LITTLE
HELPERS INTO THE
CHRISTMAS SPIRIT



We asked the Kidspot crew how they share the Christmas spirit with their kids



+ “We make our own wrapping paper. I cut out Christmas shapes from sponges and the kids use them to stamp paint onto butcher's paper. It's more special than bought stuff.” **Rachael**

+ “While I prepare food, I play Christmas carols in the kitchen and get the kids to dance along and be silly.” **Claire**

+ “We make lots of Christmas arts and crafts to give as presents.” **Ellen**

+ “I collect the kids' artwork over the year, cut it into 2cm-strips and have the kids make it into paper-chain garlands for our tree. They love seeing their creations displayed alongside the other ornaments.” **Alys**



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Countdown to Christmas

Our easy-to-follow game plan for the Christmas feast means you can sit back and relax (well almost!)

1 ONE MONTH AHEAD

After finalising the number of people you're cooking for, create your menu plan (check out our recipe index on p8 for inspiration) and shopping list. It's a good idea to select a range of hot and cold dishes to divide the load between the oven, stove-top and fridge. Spread your shopping throughout the month so you can take advantage of any pre-Christmas specials. Now's also the time to get your steamed pudding and fruit cake started.

2 TWO WEEKS AHEAD

Beat the last-minute rush by purchasing your meat and seafood now and storing in the freezer (just make sure you have enough space). Sweets, such as cookies and slices, that can be made ahead and frozen are great to have on hand for any last-minute gifts. If you're not a keen baker, purchase meringue bases and ready-to-serve treats that can be assembled on the day.

3 ONE WEEK AHEAD

Count the cutlery, crockery and chairs to make sure you have enough. You can also buy any dairy items you need as they should last to the 25th - just check the use-by date.

4 THE DAY BEFORE

Prepare salads and sides, and store them in airtight containers in the fridge. Leave them undressed to prevent the leaves from going soggy. Score the fat on the ham and return the rind so it doesn't dry out. Also prepare any glazes and stuffings. You can even set the table so there's one less thing to do on the day.

5 ON THE DAY

If you're serving both ham and turkey, consider using the barbecue for one of them to alleviate space in the oven. Also free-up much-needed fridge space by keeping drinks in the sink or in an esky. Now all that's left to do is dress the salads, carve up the turkey and enjoy the day!

We asked our helpful Facebook community what their favourite Christmas dishes are to make ahead.

✦ "I make the Chocolate Freckle Ice-cream Cake that was on the cover of your Christmas issue in 2005."
Tania Richardson

✦ "Pastries - both sweet and savoury - that I can make and freeze. This also includes wontons and dumplings."
Christine Speers

✦ "Good old-fashioned trifle."
Lorena Joy MacGregor

✦ "Mini sausage rolls that I freeze raw and just take out how many I need when people come over."
Mandy Savage

✦ "My Christmas cakes - one is never enough! The fruit has to soak in port and brandy for at least a week. I 'feed' them more port daily for around a fortnight. Only then are they wrapped and frozen, ready for Christmas."
Sue Connelly

✦ "Gluten-free pastry so it's ready to go when I am!"
Suzanne Webb

✦ "Frozen mango and lime cheesecake."
Beth Connolly

✦ "Jamie Oliver's get-ahead gravy."
Emma Niolin

Expert opinion:

"My biggest tip to stay within budget at Christmas is to allow others to help. If people offer to bring something, take them up on it. Sharing the load means it's budget-friendly but also ensures you get a great range of food. And with everything, being organised helps a lot. Buying in advance gives you time to look for great specials at different supermarkets and stores. Don't be afraid to buy non-perishable items months ahead."



Madonna Bechaz,
blogger at
budgetmumblog.com

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Christmas **WOW**

Every Christmas table deserves one standout, show-stopping element. You know the one – when you proudly bring it out there's absolutely no doubt in anyone's mind 'tis the season to be eating!

32 super food ideas DECEMBER 2017

Every Christmas table deserves one standout, show-stopping element. You know the one – when you proudly bring it out there's absolutely no doubt in anyone's mind 'tis the season to be eating!



CHRISTMAS STAR
MINI TRIFLES, p37

THE INFO

+ GREAT FOR KIDS
+ MAKE AHEAD

\$2.32
EACH

ROAST VEGETABLE
AND CAMEMBERT
PASTRY WREATH, p36

THE INFO

+ VEGETARIAN

\$2.54
PER SERVE



RASPBERRY AND LIME
MERINGUE CHRISTMAS
TREE, p40

THE INFO

+ CLASSIC UPDATE
+ GREAT FOR KIDS

\$1.41
PER SERVE



ROAST VEGETABLE AND CAMEMBERT PASTRY WREATH

SERVES 8 (AS A STARTER)

PREP 30 MINUTES (PLUS COOLING AND STANDING) **COOK** 55 MINUTES

YOU'LL NEED A 4CM STAR-SHAPED CUTTER FOR THIS RECIPE.

- 2 tablespoons extra virgin olive oil
- 2 teaspoons chopped fresh thyme leaves
- 2 garlic cloves, crushed
- 700g Kent pumpkin, peeled, cut into 2cm pieces
- 1 small red capsicum, chopped
- 1 small fennel, trimmed, cut into thin wedges
- 4 sheets frozen puff pastry, partially thawed
- 200g camembert, cut into 12 wedges
- 1 egg, lightly beaten
- 250g cherry truss tomatoes, cut into bunches
- Fresh basil leaves, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line 2 large baking trays with baking paper.

2 Combine oil, thyme and garlic in a large bowl. Add pumpkin, capsicum and fennel. Season with salt and pepper. Toss to combine. Place on 1 prepared tray. Bake for 25 minutes or until tender. Cool on tray.

3 Increase oven to 220°C/200°C fan-forced.

4 Join pastry sheets together to form one large square on remaining prepared tray (pastry will overhang). Cut a 30cm round circle from pastry square, reserving trimmings. Score a 13cm circle in the middle (don't cut all the way through). Using a small knife, cut the 13cm circle into 8 wedges, leaving circle intact.

5 Place $\frac{2}{3}$ of the camembert around edge of pastry, leaving a 2cm border. Top with vegetables and remaining camembert. Fold up 2cm border to meet filling. Fold the 8 wedges outwards to cover filling and join edge. Brush pastry with egg. Using a 4cm star cutter, cut 8 stars from pastry trimmings. Place on points of pastry wedges. Brush pastry with egg. Bake for 30 minutes, adding tomato around edge of tray for the last 5 minutes of cooking time, or until pastry is golden. Stand wreath for 5 minutes. Arrange tomato and basil on and around wreath. Season with salt and pepper. Serve.

NUTRITION: (per serve) 1591kJ; 22.5g fat; 9.8g sat fat; 11.8g protein; 30.1g carbs; 5.2g fibre; 54mg chol; 448mg sodium.

ROAST VEGETABLE AND CAMEMBERT PASTRY WREATH

THE INFO

+ VEGETARIAN

\$2.54
PER SERVE



LAYERED CHRISTMAS DIP

SERVES 12

PREP 30 MINUTES (PLUS COOLING)

COOK 20 MINUTES

- 3 corn cobs, husks and silk removed
- 1½ teaspoons Mexican chilli powder
- ¼ cup extra virgin olive oil
- 1 small red onion, finely chopped
- 1 teaspoon ground cumin
- 2 pinches dried chilli flakes, plus extra to serve
- 425g can black beans, drained, rinsed well
- 6 small tomatoes, finely diced
- ½ x 285g jar piquillo peppers, drained, finely chopped
- ¾ cup lemon juice
- 4 green onions, finely chopped
- 2 bunches radish, finely diced
- 2 large avocados
- ½ teaspoon Tabasco sauce
- ¼ cup finely chopped fresh coriander leaves
- 2 x 200g blocks fetta, crumbled
- 2 x 230g packets white corn tortilla strips, to serve

1 Place corn on a microwave-safe plate. Cover with plastic wrap. Microwave on HIGH (100%) for 4 minutes.

2 Heat a chargrill pan over medium heat. Combine chilli powder and 2 teaspoons oil in a large bowl. Rub spice mixture all over corn. Cook corn, turning, for 6 to 8 minutes or until beginning to char. Transfer to a plate. Set aside to cool.

3 Heat 2 teaspoons remaining oil in a frying pan over medium-high heat. Cook red onion for 5 minutes or until softened. Add cumin and chilli flakes. Cook for 30 seconds or until fragrant. Add beans. Toss to coat. Remove from heat. Set aside to cool.

4 Combine tomato and peppers in a bowl. Season with salt and pepper. Transfer to a sieve set over a bowl to drain any excess juice. Set aside.

5 Using a sharp knife, slice the kernels from the cobs. Place corn kernels in a medium bowl. Add 1 tablespoon lemon juice and ½ the green onion. Season with salt and pepper. Toss to combine. Spoon corn mixture into the base of a 12-cup-capacity serving bowl.

LAYERED CHRISTMAS DIP

THE INFO

+ CLASSIC UPDATE
+ HIGH FIBRE
+ MAKE AHEAD

\$3.02
PER SERVE

CHRISTMAS STAR
MINI TRIFLES

THE INFO

+ GREAT FOR KIDS
+ MAKE AHEAD

\$2.32
EACH



6 Spoon the bean mixture over corn mixture, followed by the radish. Place avocado in a bowl. Add the Tabasco, coriander, $\frac{1}{4}$ cup remaining lemon juice and remaining green onion. Season with salt and pepper. Stir to combine. Spoon over radish, spreading to cover. Top with tomato mixture.

7 Place the fetta, remaining lemon juice, remaining oil and 2 tablespoons water in a food processor. Process until mixture is smooth and creamy. Dollop fetta mixture over tomato layer, gently spreading to cover. Sprinkle with extra chilli flakes. Serve with corn tortilla strips (see note).

NUTRITION: (per serve) 2079kJ; 32.3g fat; 12.1g sat fat; 13.8g protein; 32.3g carbs; 10.2g fibre; 23mg chol; 611mg sodium.

Cook's note:

You can make this dip up to 3 hours ahead. Cover with plastic wrap and refrigerate until required.

CHRISTMAS STAR MINI TRIFLES

MAKES 8

PREP 20 MINUTES (PLUS COOLING, AND 5 HOURS AND OVERNIGHT REFRIGERATION)

COOK 5 MINUTES

YOU'LL NEED A 3CM STAR-SHAPED CUTTER.

85g packet strawberry jelly crystals

85g packet lime jelly crystals

2 large Granny Smith apples, peeled

100g white chocolate, chopped

2 cups thickened cream

250g mascarpone

200g packet ginger kisses

$\frac{1}{2}$ cup apple juice

250g strawberries, finely diced

White chocolate stars, mini silver cachous and edible gold glitter, to serve

1 Make strawberry and lime jelly separately following packet directions. Refrigerate for 1 hour or until just beginning to set (mixture should be a custard-like consistency).

2 Cut apple lengthways into 5mm-thick slices on either side of core. Using a 3cm star-shaped cutter, cut stars from apple. Add to each jelly. Stir to combine. Divide

jelly among 8 x 340ml-capacity wine glasses (about $\frac{1}{2}$ cup into each glass). Refrigerate for 4 hours or until set.

3 Place chocolate and $\frac{1}{2}$ cup cream in a microwave-safe bowl. Microwave on HIGH (100%), stirring halfway through, for 1 minute or until melted and smooth. Set aside for 20 minutes to cool.

4 Place chocolate mixture, mascarpone and $\frac{1}{2}$ cup remaining cream in a bowl. Using a whisk, whisk until soft peaks form (don't over-whisk). Spoon a little white chocolate cream over jelly in each glass. Top each with 1 ginger kiss and a drizzle of apple juice. Dollop each with remaining white chocolate cream. Refrigerate overnight or until white chocolate cream has set.

5 Using an electric mixer, beat remaining cream until just-firm peaks form. Dollop each trifle with whipped cream and sprinkle with strawberry. Press 1 chocolate star into the top of each trifle and sprinkle with cachous and glitter. Serve.

NUTRITION: (each) 2754kJ; 47.7g fat; 30.6g sat fat; 6.6g protein; 52.8g carbs; 1.9g fibre; 125mg chol; 306mg sodium. >

LAYERED CHRISTMAS
DIP, p36

THE INFO

- + CLASSIC UPDATE
- + HIGH FIBRE
- + MAKE AHEAD

\$3.02
PER SERVE



EASY CHOC
RIPPLE WREATH

THE INFO

+ CLASSIC UPDATE
+ MAKE AHEAD
+ NO COOK
+ SUPER EASY

\$1.38
PER SERVE

EASY CHOC RIPPLE WREATH

SERVES 20

PREP 45 MINUTES (PLUS OVERNIGHT
REFRIGERATION)

4 cups thickened cream

2 tablespoons icing sugar

½ teaspoon finely grated orange rind

2 tablespoons Cointreau (see note)

2 x 250g packets choc ripple biscuits

10 Oreo cookies

12 mini meringue drops

½ cup Maltesers

½ cup Jaffas

½ x 180g packet BB's mint balls

Icing snowflakes, Christmas sprinkles,
fresh mint leaves and icing sugar,
to serve

1 Using an electric mixer, beat 3 cups cream, icing sugar and orange rind until firm peaks form. Fold in Cointreau.
2 Spoon ½ cup cream mixture into a snap-lock bag. Snip 2cm off one corner. Pipe a 20cm circle on a flat serving plate to form a base. Spread flat side of 1 biscuit with a little cream mixture. Stand biscuit upright on its edge on cream on serving plate. Spread another biscuit with a little cream mixture. Place in front of the biscuit on plate and sandwich together. Using the piped cream round as a guide, continue to sandwich biscuits together with cream mixture to form a wreath shape. Spread biscuits all over with remaining cream mixture. Refrigerate overnight to set.

3 Using an electric mixer, beat the remaining cream until just-firm peaks form. Spread wreath with cream. Decorate with Oreos, mini meringues, Maltesers, Jaffas, mint balls, snowflakes, sprinkles and mint leaves. Dust with icing sugar. Serve.

NUTRITION: (per serve) 1749kJ; 27.6g fat; 16.9g sat fat; 4g protein; 38.9g carbs; 0.8g fibre; 62mg chol; 156mg sodium. ➤

Cook's note:

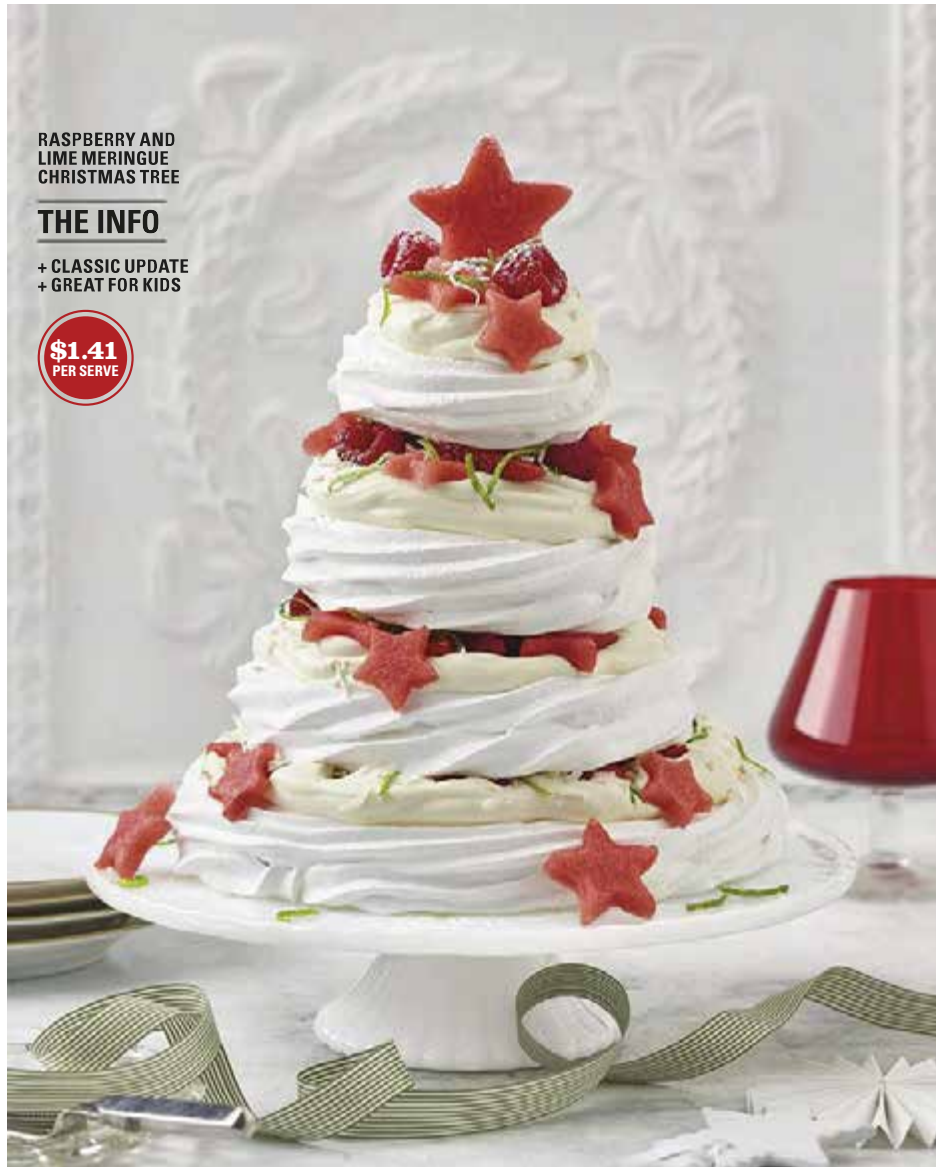
You can omit the Cointreau in this recipe, if you prefer. If you do, just double the amount of grated orange rind.

RASPBERRY AND
LIME MERINGUE
CHRISTMAS TREE

THE INFO

+ CLASSIC UPDATE
+ GREAT FOR KIDS

\$1.41
PER SERVE



RASPBERRY AND LIME
MERINGUE CHRISTMAS TREE

SERVES 20

PREP 1 HOUR (PLUS 3 HOURS COOLING)

COOK 2 HOURS 15 MINUTES

*YOU'LL NEED A PIPING BAG FITTED WITH
A 1.4CM FLUTED NOZZLE, 3CM, 4CM AND
5CM STAR-SHAPED CUTTERS AND A 16CM
BAMBOO SKEWER FOR THIS RECIPE.*

9 egg whites

2 ¼ cups caster sugar

½ teaspoon cream of tartar

1 ½ teaspoons cornflour

1 ½ teaspoons white vinegar

1 teaspoon vanilla essence

1.5kg seedless watermelon

2 cups thickened cream

¼ teaspoon raspberry baking paste

½ cup shredded coconut, toasted

Zest of 1 large lime

500g strawberries, hulled, sliced

250g raspberries

Icing sugar, for dusting

1 Preheat oven to 120°C/100°C fan-forced. Grease 2 large baking trays. Mark an 18cm round and a 14cm round, 8cm apart, on 1 sheet of baking paper. Place, marked-side down, on 1 prepared tray. Mark a 10cm round and a 6cm round, 8cm apart, onto another sheet of baking paper. Place, marked-side down, on remaining prepared tray.

2 Using an electric mixer, beat 3 egg whites, ¾ cup caster sugar and ¼ teaspoon cream of tartar for 8 to 10 minutes or until sugar has dissolved. Add ½ teaspoon cornflour, ½ teaspoon vinegar and ½ teaspoon vanilla. Beat until combined.

3 Spoon meringue into a piping bag fitted with a 1.4cm-fluted nozzle. Using the 10cm and 6cm rounds as a guide, and piping in a spiral pattern, pipe 2 layers of meringue onto tray to form 2 rounds. Bake for 1 hour or until meringue is just firm to touch. Turn oven off. Cool in oven with door ajar for 1 hour. Remove from oven.

4 Reheat oven. Repeat process with remaining egg whites, caster sugar, cream of tartar, cornflour, vinegar and vanilla. Using the 18cm and 14cm rounds as a guide on remaining prepared tray, and piping in a spiral pattern, pipe 2 layers of meringue onto tray to form 2 rounds. Bake for 1 hour 15 minutes or until meringue is just firm to touch. Turn oven off. Cool in oven with door ajar for 2 hours. Remove from oven.

5 Cut a 1cm-thick slice of watermelon. Using a 5cm star-shaped cutter, cut 1 star from watermelon slice. Drain on paper towel. Cut remaining watermelon into 5mm-thick slices. Using a 3cm and a 4cm star-shaped cutter, cut stars from watermelon slices. Drain on paper towel.

6 Using an electric mixer, beat cream and raspberry paste until just-firm peaks form. Place the 18cm meringue round on a serving plate. Dollop and spread 1 cup cream mixture. Sprinkle with 1 tablespoon coconut and ¼ of the lime zest. Top with some of the watermelon stars, strawberry and raspberries. Carefully place 14cm meringue round on top. Dollop and spread ¾ cup remaining cream mixture. Sprinkle with 1 tablespoon remaining coconut and ⅓ of the remaining lime zest. Top with some of the remaining watermelon stars, strawberry and raspberries.

7 Carefully place 10cm meringue round on top. Dollop and spread ½ cup remaining cream mixture. Sprinkle with 1 tablespoon remaining coconut and ½ of the remaining lime zest. Top with some of the remaining watermelon stars, strawberry and raspberries. Carefully place 6cm meringue round on top. Dollop with remaining cream. Sprinkle with remaining coconut and lime zest.

8 Insert a bamboo skewer into the 5cm watermelon star. Carefully push into the top of the meringue tree to secure. Using the picture as a guide, decorate tree with remaining watermelon stars, strawberry and raspberries. Dust with icing sugar. Serve immediately.

NUTRITION: (per serve) 920kJ; 10.9g fat; 7.3g sat fat; 2.9g protein; 27.9g carbs; 1.8g fibre; 28mg chol; 36mg sodium. ■

GOLDEN RULES

Bring extra magic to your family's Christmas table this year with simple styling tips and a heavenly dessert recipe from Ferrero Rocher.



FERRERO ROCHER CHOC HAZELNUT MERINGUE CAKE

serves 10 | prep 1 hour (+ cooling time)
cooking 50 mins

110g raw hazelnuts
5 egg whites
270g (1¼ cups) caster sugar
2 tsp cornflour
½ tsp vanilla extract
600ml thickened cream
200ml crème fraîche
200g milk chocolate, melted, cooled slightly
Ferrero Rocher chocolates, to serve
CHOCOLATE SAUCE
125ml (½ cup) thickened cream
200g dark chocolate, roughly chopped

- 1 Preheat oven to 150°C/130°C fan forced. Place hazelnuts on a baking tray and roast for 7 minutes or until toasted. Roughly chop. Reserve 1 tbs of the hazelnuts and set aside.
- 2 Using a 20cm cake pan as a guide, draw 2 circles each on 2 pieces of baking paper. Place each piece of paper, marked side down, on a large, flat baking tray. Use electric beaters to beat egg whites in a bowl until firm peaks form. Add sugar, 1 tbs at a time, beating well after each addition until sugar dissolves and mixture is thick and glossy. Beat in cornflour and vanilla. Gently fold in the chopped hazelnuts until just combined.
- 3 Divide meringue among the marked circles and spread evenly. Reduce oven to 120°C/100°C fan forced. Bake for 40 minutes or until meringue is crisp. Turn oven off. Leave door ajar to allow meringue to cool completely.
- 4 Using electric beaters, beat cream in a bowl until soft peaks form. Beat in crème fraîche until just combined. Reserve a third of cream mixture. Beat chocolate into remaining cream mixture until just combined. Fold in reserved cream to create a rippled effect.
- 5 To make the chocolate sauce, heat the cream in a small saucepan until almost boiling. Remove from the heat. Add the dark chocolate and stir until smooth and glossy.
- 6 To assemble, place a meringue disc on a serving plate. Drizzle with some chocolate sauce and spread with a quarter of the cream mixture. Top with a meringue disc, repeating until you have 4 layers, finishing with cream mixture. Pour over the remaining sauce and sprinkle with reserved hazelnuts. Decorate, and serve, with Ferrero Rocher chocolates.





From stunning gifts and table settings to inspired recipes, your Christmas feast is sorted with Ferrero Rocher

PERFECTLY IMPERFECT

Take a slightly undone approach to styling for a table that draws a crowd. Use different textures and tones of grey for candles, fabrics and dinnerware to build layers of interest. Contrast linen napkins with smooth flatware and glazed ceramic plates, finished with individual Ferrero Rocher chocolates arranged along the table for an irresistible burst of gilded texture.

GOLDEN DAYS

Christmas is a time for giving, and guests will love the chance to take home a golden reminder of the big celebration. A Grand Ferrero Rocher or gift box set on a trivet at each place setting makes a bold visual

statement, while a collection of Ferrero Rocher stars hanging from branches is a delicious surprise that's sure to impress.

A FLOURISH OF FOLIAGE

Continuing the elegantly nonchalant theme, choose simple greenery from your own backyard to add vibrant, fragrant life to the setting. Haphazardly bunched natives, woody cuttings and herbs such as thyme and rosemary work well here. Wrap some flowering sprigs with the napkins and tie more onto decorative name tags. A cluster of different blooms gathered at the base of a wooden wreath creates an eye-catching decoration and the perfect nest for a Grand Ferrero Rocher.



For more Christmas inspiration, visit:
ferrerorocher.com



New with Olive Oil
It's as if you made it yourself



Fresh food loves Praise

CHRISTMAS

FUSS-FREE **PARTY STARTERS** » HOT AND COLD SIDES » INSPIRING **TURKEY TWISTS** » CLEVER IDEAS FOR **HAM** » NEW-STYLE **FESTIVE MAINS** » ICE-CREAM CAKES TO WOW YOUR GUESTS » **SLAB PAN GIFTS**



PARTY STARTERS

Kick off the festivities with crowd-pleasing delights. There's lots you can prep ahead with just a few last-minute touches. Cheers!

SPARKLING ROSÉ AND STRAWBERRY PUNCH

THE INFO

+ JUST 6 INGREDIENTS
+ SUPER EASY

\$1.49
PER SERVE

SPARKLING ROSÉ AND STRAWBERRY PUNCH

SERVES 8

PREP 10 MINUTES (PLUS COOLING)

COOK 10 MINUTES

½ cup caster sugar
250g strawberries, hulled
4 sprigs fresh thyme
2 cups ice cubes
750ml bottle rosé wine, chilled
2 cups chilled soda water

1 Place sugar and ½ cup water in a small saucepan over medium heat. Cook, stirring, for 3 to 4 minutes or until sugar has dissolved. Increase heat to high.

Bring to the boil. Reduce heat to low. Simmer for 3 to 4 minutes or until thickened slightly. Remove from heat.

2 Thinly slice 2 strawberries. Add to sugar syrup with ½ the thyme. Stir to combine. Set aside to cool completely.

3 Thinly slice remaining strawberries. Place ice cubes in a 1.5-litre-capacity jug. Add sugar syrup mixture, strawberries, remaining thyme, wine and soda water. Stir gently to combine. Serve.



BARBECUED PAPRIKA
PRAWNS WITH GREEN
GODDESS CREAM

THE INFO

+ BARBECUE
+ GLUTEN FREE

\$1.53
EACH

30

BARBECUED PAPRIKA PRAWNS WITH GREEN GODDESS CREAM

MAKES 24

PREP 20 MINUTES (PLUS 5 MINUTES
COOLING) **COOK** 5 MINUTES

- 1 teaspoon smoked paprika
- 1 teaspoon finely grated lemon rind
- 2 small garlic cloves, crushed
- 2 tablespoons extra virgin olive oil
- 24 medium green king prawns, peeled,
deveined (tails intact)
- 125g cream cheese, chopped
- 1 small avocado
- ¼ cup fresh basil leaves
- ¼ cup fresh flat-leaf parsley leaves
- 1 tablespoon chopped fresh chives
- 2 tablespoons lemon juice
- 2 Lebanese cucumbers
- Micro basil (see note) and lemon zest,
to serve

1 Place the paprika, lemon rind, garlic and oil in a large bowl. Season with salt and pepper. Add prawns. Toss to coat. Heat a greased barbecue plate on medium heat. Cook prawns for 2 minutes each side or until cooked through. Transfer to a heatproof dish. Set aside for 5 minutes to cool.

2 Meanwhile, place cream cheese, avocado, basil, parsley, chives and lemon juice in a small food processor. Season with salt and pepper. Process until smooth, scraping down sides occasionally.

3 Trim and discard ends of cucumbers. Cut into 1cm-thick rounds. Place on a serving plate. Dollop 2 teaspoons of cream cheese mixture onto each cucumber round. Top each with 1 prawn. Serve sprinkled with micro basil and lemon zest.

NUTRITION: (each) 255kJ; 4.4g fat;
1.7g sat fat; 4.5g protein; 0.5g carbs;
0.5g fibre; 33mg chol; 107mg sodium. ➤

Cook's note:

Micro basil is available from some greengrocers and supermarkets. It's decorative and can be replaced with chopped basil instead.



SWEET POTATO, PEAR AND GOAT'S CHEESE BITES

THE INFO

+ GLUTEN FREE
+ VEGETARIAN

\$0.35
EACH

45



SWEET POTATO, PEAR AND GOAT'S CHEESE BITES

MAKES 24

PREP 15 MINUTES (PLUS 5 MINUTES COOLING)

COOK 25 MINUTES

2 small orange sweet potatoes (see notes)

Olive oil cooking spray

1 small Packham's Triumph pear

120g packet herb and garlic goat's cheese (see notes)

1/2 cup walnuts, roughly chopped, toasted

2 teaspoons small fresh thyme sprigs

2 teaspoons balsamic vinegar glaze

1 Preheat oven to 220°C/200°C fan-forced. Place a wire rack over a large baking tray.

2 Trim and discard ends of sweet potatoes. Cut into 5mm-thick rounds. Place potato, in a single layer, on wire rack. Spray both sides of potato with oil. Season with salt and pepper. Bake for 12 minutes. Turn. Bake for a further 12 minutes or until golden. Set aside for 5 minutes to cool.

3 Quarter pear lengthways. Remove and discard core. Thinly slice each quarter crossways. Place potato rounds on a serving plate. Top each with 1 teaspoon goat's cheese, followed by 2 pieces of pear. Sprinkle with walnuts and thyme. Season with salt and pepper.

4 Just before serving, drizzle with glaze.

NUTRITION: (each) 188kJ; 2.6g fat; 0.8g sat fat; 1.7g protein; 3.1g carbs; 0.9g fibre; 5mg chol; 37mg sodium.

SPICY SALAMI BITES

MAKES 24

PREP 10 MINUTES (PLUS 5 MINUTES STANDING) **COOK** 10 MINUTES

200g grape tomatoes, quartered lengthways, finely diced

2 small eschalots, finely chopped

1 teaspoon red wine vinegar

24 slices hot salami

200g fresh ricotta

2 tablespoons pitted kalamata olives, finely chopped

2 tablespoons finely chopped fresh basil leaves, plus extra small leaves, to serve

1 Preheat oven to 220°C/200°C fan-forced. Place a wire rack over a large baking tray with sides.

2 Place tomato, eschalot and vinegar in a bowl. Season with salt and pepper. Set aside to allow flavours to develop.

3 Meanwhile, place salami, in a single layer, on wire rack. Bake for 10 minutes or until crisp. Set aside for 5 minutes.

4 Place ricotta, olives and basil in a bowl. Season with salt and pepper. Stir to combine. Place salami rounds on a serving plate. Top each with 2 teaspoons ricotta mixture, being careful not to break salami.

5 Drain tomato mixture. Spoon 1 teaspoon tomato mixture onto ricotta mixture. Top with extra basil leaves. Serve.

NUTRITION: (each) 467kJ; 9.2g fat; 3.6g sat fat; 6.4g protein; 0.8g carbs; 0.1g fibre; 30mg chol; 399mg sodium.

SPICY SALAMI BITES

THE INFO

+ CLASSIC MAKEOVER
+ SUPER EASY

\$0.65
EACH

25



SMOKED SALMON
SUSHI ROLLS

THE INFO

+ CLASSIC MAKEOVER
+ MAKE AHEAD\$1.53
EACH

55

**Make up to
4 hours ahead!**
REFRIGERATE, LAYERED
BETWEEN BAKING PAPER,
IN AN AIRTIGHT CONTAINER.

SMOKED SALMON SUSHI ROLLS

MAKES 24

PREP 30 MINUTES (PLUS 10 MINUTES
STANDING) COOK 15 MINUTES

1½ cups sushi rice
¼ cup sushi seasoning
½ cup light soy sauce
½ cup rice wine vinegar
4cm piece fresh ginger, finely grated
2 teaspoons caster sugar
1 teaspoon sesame oil
24 slices smoked salmon
2 Lebanese cucumbers, halved crossways,
peeled into ribbons
2 small avocados, thinly sliced
300g snow peas, trimmed, thinly sliced
8 radish, cut into thin matchsticks
2 teaspoons sesame seeds, toasted
Micro herbs (see note), optional, to serve

1 Rinse and drain rice 3 times. Place rice
and 1½ cups water in a saucepan over

medium heat. Cover. Bring to the boil.
Reduce heat to low. Simmer, covered, for
12 minutes or until water has absorbed.
Remove from heat. Stand, covered, for
10 minutes. Transfer rice to a large ceramic
dish. Using a spatula, stir rice and break
up lumps. Gradually add seasoning, lifting
and turning rice, until rice has cooled.
2 Meanwhile, place soy sauce, vinegar,
ginger, sugar and sesame oil in a small
saucepan over low heat. Cook, stirring,
for 3 to 4 minutes or until sugar has
dissolved. Set aside to cool.
3 Place 1 piece of smoked salmon on
a chopping board with 1 short end closest
to you. Stack 4 cucumber ribbons along
short end. Top with 2 pieces of avocado,
1 tablespoon of rice, and a few snow
peas and radish matchsticks. Roll
up salmon to enclose filling, leaving
ends exposed. Repeat with remaining
ingredients to make 24 rolls.

4 Place rolls on a serving
plate. Sprinkle with sesame
seeds and micro herbs, if using.
Serve with dipping sauce.

NUTRITION: (each) 537kJ; 4.5g fat;
0.9g sat fat; 7.7g protein; 13.4g carbs;
1.1g fibre; 12mg chol; 793mg sodium. ■

Cook's note:

+ FOR THE SWEET POTATO, PEAR
AND GOAT'S CHEESE BITES: We used
orange sweet potatoes that were about
5.5cm in diameter.

+ You could use plain goat's cheese or
fresh ricotta, if you prefer.

+ FOR THE SMOKED SALMON SUSHI ROLLS:
We used micro coriander and shiso
leaves, which are available from some
greengrocers and supermarkets. They can
be replaced with chopped herbs instead.

SIDE SHOW

Eager to try something new this year without upsetting the traditionalists in the family? These twists on festive salads, from Asian noodles to tropical rice, fit the bill

MANGO AND
CHILLI-PICKLED
CUCUMBER
NOODLE SALAD

THE INFO

+ ASIAN
+ HIGH FIBRE
+ LOW SATURATED FAT
+ VEGETARIAN

\$2.33
PER SERVE

MANGO AND CHILLI-PICKLED CUCUMBER NOODLE SALAD

SERVES 8

PREP 15 MINUTES (PLUS 1 HOUR

STANDING) **COOK** 5 MINUTES

YOU'LL NEED A JULIENNE PEELER

FOR THIS RECIPE.

2 Lebanese cucumbers
1 large eschalot, thinly sliced
2 long red chillies, thinly sliced
¼ cup rice wine vinegar
150g dried rice vermicelli noodles
1 cup fresh coriander leaves, plus extra
sprigs to serve
½ cup fresh mint leaves
2 mangoes, thinly sliced

2 tablespoons lime juice, plus lime
wedges to serve

1½ tablespoons soy sauce

1 tablespoon brown sugar

1 teaspoon sesame oil

¼ cup roughly chopped roasted cashews

1 Using a julienne peeler, thinly slice cucumbers. Place in a glass bowl. Add eschalot, chilli and vinegar. Set aside for 1 hour to allow flavours to develop.
2 Cook noodles following packet directions. Drain well. Set aside to cool.
3 Place noodles in a bowl. Using kitchen scissors, roughly cut. Add cucumber mixture, coriander, mint and mango. Toss to combine.



4 Whisk lime juice, soy, sugar and oil in a jug. Season with pepper. Drizzle over salad. Toss to combine. Sprinkle with coriander sprigs and cashews. Serve with lime wedges.

NUTRITION: (per serve) 667kJ; 3g fat; 0.4g sat fat; 3.5g protein; 27.4g carbs; 3.5g fibre; 0mg chol; 287mg sodium.

CONFIT TOMATO CAPRESE-STYLE SALAD

SERVES 8

PREP 10 MINUTES (PLUS COOLING)

COOK 40 MINUTES

500g cocktail truss tomatoes

400g tomato medley

2 sprigs fresh thyme

2 dried bay leaves

4 garlic cloves, unpeeled

Extra virgin olive oil, for cooking

2 x 250g tubs fresh mozzarella, drained

Basil Vinaigrette

2 tablespoons finely chopped fresh basil leaves, plus extra leaves to serve

2 tablespoons white balsamic vinegar

1 Preheat oven to 130°C/110°C fan-forced.

2 Cut truss tomatoes into bunches. Place all tomatoes in a small roasting pan (see note). Add thyme, bay leaves and garlic. Pour enough oil into pan to cover small tomatoes and to reach halfway up the side of truss tomatoes. Cook for 40 minutes or until tomatoes have softened and collapsed slightly. Turn oven off. Cool tomatoes in oven in cooking oil.

3 Using a slotted spoon, carefully transfer tomatoes, 2 garlic cloves, thyme and bay leaves to a serving platter. Reserve remaining garlic. Tear mozzarella and place on platter.

4 **Make Basil Vinaigrette** Squeeze reserved garlic from skins and place in a jug. Using a fork, mash garlic to form a paste. Add basil, vinegar and 2 tablespoons of the cooking oil. Whisk to combine. Drizzle dressing over tomatoes and mozzarella. Season with salt and pepper. Serve, sprinkled with extra basil leaves.

NUTRITION: (per serve) 1014kJ; 21.6g fat; 6.7g sat fat; 8.4g protein; 3.4g carbs; 1.7g fibre; 21mg chol; 78mg sodium. ➤

CONFIT TOMATO CAPRESE-STYLE SALAD

THE INFO

+ CLASSIC MAKEOVER
+ GLUTEN FREE
+ LOWER SODIUM
+ VEGETARIAN

\$3.64
PER SERVE



Cook's note:

Make sure the tomatoes fit snugly into the roasting pan. This will ensure you don't use more olive oil than you need.

CANDIED WALNUT, AVOCADO, APPLE AND GRAPE SALAD

SERVES 8

PREP 15 MINUTES (PLUS STANDING)

COOK 15 MINUTES

1/3 cup caster sugar

1/2 cup walnuts

3/4 cup fresh flat-leaf parsley leaves

100g baby rocket

300g red seedless grapes

2 avocados, halved, cut into wedges

2 small royal gala apples, thinly sliced

Coconut Dressing

170g tub natural coconut yoghurt

2 tablespoons lemon juice

1 tablespoon chopped fresh chives

1 Line a baking tray with baking paper. Place the sugar and 1/3 cup water in a frying pan over medium heat. Cook,

stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil, without stirring, for 5 minutes or until mixture turns light golden. Add the walnuts. Carefully shake pan to coat. Cook for a further 30 seconds or until mixture is dark golden. Pour onto prepared tray. Set aside for 30 minutes or until firm.

2 Meanwhile, toss parsley and rocket together in a bowl. Halve 1/3 of the grapes. Cut remaining grapes into small bunches. Arrange rocket mixture, avocado, apple and grapes on a serving platter.

3 **Make Coconut Dressing** Combine yoghurt, lemon juice and chives in a small bowl. Season with salt and pepper.

4 Roughly chop the walnuts. Drizzle salad with dressing. Sprinkle with walnuts. Serve.

NUTRITION: (per serve) 1038kJ; 15.7g fat; 2.9g sat fat; 4.1g protein; 20.7g carbs; 4.7g fibre; 3mg chol; 33mg sodium.

CANDIED WALNUT,
AVOCADO, APPLE
AND GRAPE SALAD

THE INFO

+ HIGH FIBRE
+ LOWER SODIUM
+ VEGETARIAN

\$2.29
PER SERVE

45

JAMAICAN CONFETTI RICE SALAD

SERVES 8

PREP 15 MINUTES COOK 15 MINUTES

2 cups white long-grain rice

1 red capsicum, diced

1 green capsicum, diced

1/2 pineapple, peeled, cored, diced (see note)

1/2 cup shredded coconut, toasted

2 green onions, thinly sliced

1/3 cup chopped fresh coriander, plus extra sprigs to serve

1 jalapeño chilli, halved, seeded, sliced, plus extra to serve

Jerk Dressing

2 tablespoons lime juice

2 tablespoons extra virgin olive oil

1cm piece fresh ginger, finely grated

2 teaspoons brown sugar

1 teaspoon ground cumin

1/2 teaspoon ground cinnamon

1/2 teaspoon dried thyme

1/4 teaspoon ground allspice

JAMAICAN CONFETTI
RICE SALAD

THE INFO

+ GLUTEN FREE
+ LOWER SODIUM
+ VEGETARIAN

\$1.48
PER SERVE

30

1 Cook rice following packet directions until tender. Drain. Rinse under cold water. Drain well. Transfer to a large bowl. Set aside to cool.

2 Add capsicum, pineapple, coconut, onion, coriander and chilli to rice. Season with salt and pepper. Toss to combine.

3 Make Jerk Dressing Using a fork, whisk lime juice, oil, ginger, sugar, cumin, cinnamon, thyme and allspice in a jug until well combined. Drizzle dressing over salad. Toss to combine. Serve topped with extra coriander and chilli.

NUTRITION: (per serve) 1307kJ; 8.8g fat; 4.1g sat fat; 5.4g protein; 49.7g carbs; 4.9g fibre; 0mg chol; 9mg sodium.

Cook's note:

Choose the ripest pineapple available as the sweetness will balance out the spices in the dressing.

HAPPY HIPPIE SALAD

SERVES 8

PREP 15 MINUTES

COOK 5 MINUTES

YOU'LL NEED A VEGETABLE SPIRALISER OR JULIENNE PEELER FOR THIS RECIPE.

4 carrots

½ bunch kale

2 tablespoons pepitas

2 tablespoons sunflower kernels

2 teaspoons sesame seeds

⅓ cup roasted almonds,

roughly chopped

200g packet crunchy

combo sprouts

50g snow pea sprouts, trimmed

2 green onions, chopped

⅓ cup fresh flat-leaf parsley leaves

Avocado Tahini Dressing

1 avocado, halved

2 tablespoons gluten-free tahini

2 tablespoons lemon juice

1 Using a vegetable spiraliser or julienne peeler, thinly slice carrot.

Remove and discard stems and centre veins from kale. Roughly tear leaves.

2 Heat a small frying pan over medium heat. Cook pepitas, sunflower kernels and sesame seeds for 3 minutes or until toasted. Remove from heat. Add almonds. Toss to combine.

3 Make Avocado Tahini Dressing

Place avocado, tahini, lemon juice and 2 tablespoons water in a food processor. Process until smooth and combined. Season with salt and pepper.

4 Place the carrot, kale, sprouts, onion and ½ the seed mixture in a large bowl. Toss to combine. Transfer to a serving plate. Sprinkle with parsley and remaining seed mixture. Serve with dressing.

NUTRITION: (per serve) 785kJ; 13.5g fat; 2g sat fat; 4.9g protein; 8.9g carbs; 5.8g fibre; 0mg chol; 58mg sodium. ■

HAPPY HIPPIE
SALAD

THE INFO

+ GLUTEN FREE
+ HEART FRIENDLY
+ VEGETARIAN

\$1.84
PER SERVE

20



HEAT SEEKERS

With a touch of spice, a dash of booze or a brush of glaze, these glammed-up dishes are the hottest supporting act to your main... if they don't steal the spotlight themselves

SPICE-ROASTED
CAULIFLOWER WITH
POMEGRANATE

THE INFO

+ HEART FRIENDLY
+ VEGETARIAN

\$1.83
PER SERVE

SPICE-ROASTED CAULIFLOWER WITH POMEGRANATE

SERVES 8

PREP 15 MINUTES

COOK 1 HOUR 40 MINUTES

2 tablespoons extra virgin olive oil

2 garlic cloves, crushed

1½ teaspoons ground turmeric

1 teaspoon ground cumin

1 teaspoon ground coriander

1 large cauliflower, stem trimmed and
leaves removed

¼ cup boiling water

200g tub baba ghanoush

2 tablespoons lemon juice

½ cup pomegranate seeds (see note)

½ cup fresh coriander sprigs

- 1 Preheat oven to 180°C/160°C fan-forced.
- 2 Combine oil, garlic, turmeric, cumin and ground coriander in a small bowl. Place cauliflower on a large piece of foil on a baking tray. Brush all over with spice mixture. Season with salt and pepper. Pour over boiling water. Fold up sides of foil to enclose cauliflower, scrunching foil at the top to seal.
- 3 Roast for 1 hour. Open up foil. Roast for a further 35 to 40 minutes or until cauliflower is lightly browned and tender.

4 Spread baba ghanoush on a large serving plate. Carefully transfer cauliflower to plate. Drizzle with lemon juice. Sprinkle with pomegranate seeds and coriander sprigs. Serve.

NUTRITION: (per serve) 581kJ; 10.4g fat; 1.4g sat fat; 3.2g protein; 5.6g carbs; 4.7g fibre; 0mg chol; 145mg sodium.

Cook's note:

If fresh pomegranate is unavailable, use frozen. You can find them in the freezer aisle of most major supermarkets.



STICKY HASSELBACK PUMPKIN

THE INFO

- + CLASSIC UPDATE
- + GLUTEN FREE
- + HIGH FIBRE
- + LOWER SODIUM

\$0.96
PER SERVE

2
VEGIES PER SERVE



STICKY HASSELBACK PUMPKIN

SERVES 8

PREP 20 MINUTES

COOK 50 MINUTES

YOU'LL NEED 2 CHOPSTICKS FOR THIS RECIPE.

- 1 (1.6kg) small butternut pumpkin**
- 25g butter, melted**
- ¼ cup brown sugar**
- 2 tablespoons golden syrup**
- 1 teaspoon smoked paprika**
- 2 teaspoons fresh thyme leaves, plus extra sprigs to serve**
- ¼ cup pecans, toasted, roughly chopped**

- 1 Preheat oven to 200°C/180°C fan-forced. Line 2 baking trays with baking paper.
 - 2 Peel pumpkin. Cut in half lengthways. Scoop out seeds and discard.
 - 3 Place one pumpkin half, cut-side down, on a chopping board. Place a chopstick along each long side of pumpkin. Slice pumpkin thinly, cutting through to chopsticks to prevent cutting all the way through. Transfer to 1 prepared tray. Repeat with remaining pumpkin half.
 - 4 Combine butter, sugar, syrup, paprika and ½ the thyme in a small saucepan over medium heat. Cook, stirring, for 2 minutes or until sugar has dissolved. Brush pumpkin with ½ the sugar mixture. Roast, brushing twice more with remaining sugar mixture, for 40 to 45 minutes or until golden and tender. Serve sprinkled with remaining thyme and extra sprigs, and pecans.
- NUTRITION:** (per serve) 681kJ; 6.1g fat; 1.9g sat fat; 3.9g protein; 21.7g carbs; 3.8g fibre; 5mg chol; 66mg sodium. ▶



PROSCIUTTO-WRAPPED BABY CARROTS WITH MAPLE GLAZE

SERVES 8

PREP 20 MINUTES

COOK 30 MINUTES

4 thin slices prosciutto, halved lengthways
2 bunches baby (Dutch) carrots, trimmed, peeled
25g butter, melted
⅓ cup maple syrup
1 tablespoon wholegrain mustard
2 teaspoons finely grated orange rind
Small fresh flat-leaf parsley leaves, to serve

1 Preheat oven to 180°C/160°C fan-forced. Line 2 baking trays with baking paper.

Place 1 piece of prosciutto on a flat surface. Place 3 carrots at 1 short end of prosciutto. Roll up prosciutto to enclose carrots. Place on 1 prepared tray. Repeat with remaining prosciutto pieces and carrots to make 8 bundles.

2 Combine butter, maple syrup, mustard and orange rind in a small bowl. Season with salt and pepper. Brush carrot bundles with ½ the maple mixture. Roast, brushing twice more with remaining maple mixture, for 25 to 30 minutes or until golden and tender. Serve sprinkled with parsley.

NUTRITION: (per serve) 417kJ; 4.4g fat; 2.3g sat fat; 3.3g protein; 11.3g carbs; 2g fibre; 21mg chol; 285mg sodium.

BOOZY BAKED ROOT VEGETABLES

SERVES 8

PREP 15 MINUTES COOK 55 MINUTES

2 tablespoons extra virgin olive oil
20g butter, melted
3 garlic cloves, crushed
2 large parsnips, peeled, halved, quartered lengthways
750g chat potatoes, halved
2 red onions, cut into thick wedges
3 sprigs fresh rosemary
2 bunches baby beetroot, trimmed, peeled, quartered
2 tablespoons brandy
Fresh chervil leaves, to serve (optional)

PROSCIUTTO-WRAPPED
BABY CARROTS
WITH MAPLE GLAZE

THE INFO

+ SUPER EASY

\$1.85
PER SERVE

50

BOOZY BAKED ROOT
VEGETABLES

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ VEGETARIAN

\$2.57
PER SERVE

2

VEGIES
PER SERVE

1 Preheat oven to 200°C/180°C fan-forced.

2 Combine oil, butter and garlic in a small bowl. Season with salt and pepper. Place parsnip, potato, onion and rosemary in a large roasting pan. Place beetroot on a baking tray. Drizzle vegetables with oil mixture.

3 Roast for 50 to 55 minutes or until golden and tender. Remove from oven. Drizzle hot vegetables with brandy. Toss gently to coat. Transfer to a serving platter. Serve vegetables sprinkled with chervil, if using.

NUTRITION: (per serve) 711kJ; 6.9g fat; 2.1g sat fat; 3.8g protein; 18.2g carbs; 4.5g fibre; 4mg chol; 68mg sodium.

LEEK TARTE TATIN

SERVES 8

PREP 10 MINUTES (PLUS 5 MINUTES STANDING) COOK 25 MINUTES

3 small leeks, trimmed

40g unsalted butter

¼ cup brown sugar

1 tablespoon white balsamic vinegar

1 sheet frozen puff pastry, partially thawed

¼ cup crème fraîche

¼ cup fresh basil leaves

2 teaspoons lemon juice

1 Preheat oven to 220°C/200°C fan-forced.

Grease a 6cm-deep, 22cm square cake pan. Line base with baking paper.

2 Cut each leek in half lengthways.

Cut each piece in half crossways.

3 Melt butter in a large frying pan over medium-high heat. Add leek, cut-side

down. Cook for 2 minutes or until golden, ensuring pieces stay together. Arrange leek, cut-side down, in prepared pan.

4 Add sugar and vinegar to frying pan. Cook, stirring, for 1 to 2 minutes or until mixture boils and thickens slightly. Drizzle over leek. Top with pastry, tucking pastry down sides of pan. Bake for 15 to 18 minutes or until pastry is puffed and golden. Stand in pan for 5 minutes.

5 Meanwhile, place crème fraîche, basil and lemon juice in a small food processor. Process until smooth. Season with salt and pepper. Carefully invert tarte onto a serving plate. Drizzle with basil crème fraîche. Season with salt and pepper. Serve.

NUTRITION: (per serve) 696kJ; 10.6g fat; 6.1g sat fat; 2.6g protein; 14.5g carbs; 2.5g fibre; 15mg chol; 133mg sodium. ■



LEEK TART
TATIN

THE INFO

+ VEGETARIAN

\$1.28
PER SERVE

40



GOBBLED UP

The Christmas feast isn't complete without turkey and we've got so many inspiring ways to cook it – barbecued, roasted and even slow cooked!

STICKY COLA-GLAZED
TURKEY WITH SPICY
CAPSICUM AND RICE
STUFFING, p63

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$4.93
PER SERVE





SLOW-COOKER
SPICE-RUBBED
TURKEY BREAST WITH
CRUNCHY POTATOES

THE INFO

+ SLOW COOKER
+ SUPER EASY

\$4.11
PER SERVE

SLOW-COOKER SPICE-RUBBED TURKEY BREAST WITH CRUNCHY POTATOES

SERVES 8

PREP 30 MINUTES (PLUS STANDING)

COOK 6 HOURS 35 MINUTES

YOU'LL NEED A 5.5-LITRE SLOW COOKER
FOR THIS RECIPE.

- 1 tablespoon sweet paprika
- 1 tablespoon brown sugar
- 2 teaspoons ground cumin
- 1 teaspoon fennel seeds
- 1 teaspoon garlic powder
- 1 teaspoon onion salt
- 1.5kg fresh single turkey breast
with skin
- 1kg small baby white potatoes
- 2¾ cups chicken stock
- 50g butter
- ¼ cup plain flour
- 1 teaspoon fresh thyme leaves
- 1 tablespoon chopped fresh flat-leaf
parsley leaves
- Steamed buttered peas, to serve

1 Combine paprika, sugar, cumin, fennel seeds, garlic powder and onion salt in a bowl. Rub mixture all over turkey. Season with pepper.

2 Place potatoes in base of slow cooker. Pour over ¾ cup stock. Top with turkey. Cover. Cook on LOW for 6 hours or until juices run clear when thickest part of turkey is pierced with a skewer.

3 Preheat oven to 240°C/220°C fan-forced. Line a large baking tray with baking paper. Transfer turkey to a plate. Cover loosely with foil to keep warm. Set aside to rest.

4 Using a slotted spoon, transfer potatoes to prepared tray. Cut in half. Roast potatoes, turning, for 20 to 25 minutes or until golden and crisp.

5 Meanwhile, melt butter in a large frying pan. Add flour. Cook, stirring, until mixture turns golden. Gradually whisk in ½ cup cooking liquid until combined. Add remaining stock and thyme. Cook, whisking constantly, until mixture bubbles and thickens.

6 Slice turkey. Add parsley to potatoes. Toss to combine. Serve turkey with potatoes, gravy and buttered peas.

NUTRITION: (per serve) 1937kJ; 21.7g fat; 8g sat fat; 42.8g protein; 22.5g carbs; 3g fibre; 104mg chol; 1050mg sodium.





BARBECUED
CHERRY, BRIE AND
SPINACH-STUFFED
TURKEY BREAST

THE INFO

+ BARBECUE
+ ENTERTAINING

\$7.11
PER SERVE

BARBECUED CHERRY, BRIE AND SPINACH-STUFFED TURKEY BREAST

SERVES 12

PREP 30 MINUTES (PLUS COOLING AND STANDING) **COOK** 1 HOUR 40 MINUTES
YOU'LL NEED UNWAXED KITCHEN STRING.

1 cup port
2 tablespoons caster sugar
1 cinnamon stick
2 sprigs fresh rosemary
⅓ cup extra virgin olive oil
2 brown onions, finely chopped
4 garlic cloves, crushed
240g baby spinach
4 cups fresh breadcrumbs
2 eggs, lightly beaten
2 x 1.5kg fresh single turkey breasts
with skin
200g brie, thinly sliced

1½ cups pitted fresh or frozen thawed cherries, halved (see notes)
3 bunches asparagus, trimmed
300g green beans, trimmed
3 lemons, halved
Gravy, to serve

1 Combine port, sugar, cinnamon and rosemary in a saucepan over medium heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to medium-high. Bring to a simmer. Reduce heat to low. Simmer for 5 minutes. Set aside to cool completely.
2 Meanwhile, heat ⅓ the oil in a large frying pan over medium-high heat. Add onion. Cook, stirring, for 5 minutes or until softened. Add garlic and spinach. Cook for 1 minute or until spinach just starts to wilt. Transfer to a bowl. Cool completely. Add

breadcrumbs and egg to spinach mixture. Season with salt and pepper. Mix well.

3 Using a sharp knife, cut 1 turkey breast along 1 side (do not cut all the way through). Open up turkey to lay flat, skin-side down (see notes). Cover turkey with plastic wrap. Using a meat mallet or rolling pin, flatten until 1cm thick. Remove plastic wrap. Arrange ½ the brie slices over turkey. Leaving a 2cm border, top with ½ the spinach mixture, pressing evenly to flatten. Top with ½ the cherries. Roll up turkey, from 1 short end, to form a log. Tie with kitchen string at 4cm intervals. Repeat process with remaining turkey breast, brie, spinach mixture and cherries.
4 Preheat a barbecue (with hood) hotplate on medium heat with hood closed. Place turkey in a large, lightly oiled disposable foil baking tray. Brush turkey with ⅓ of the port glaze. Season with salt and pepper. Place tray on barbecue grill. Cook turkey using indirect heat, with hood closed, basting every 20 minutes with glaze, for 1 hour 30 minutes or until cooked through and juices run clear when turkey is pierced with a skewer (cover turkey loosely with foil if over-browning during cooking). Remove from barbecue. Cover loosely with foil. Stand for 10 minutes.

5 Meanwhile, toss asparagus and beans in remaining oil. Cook on hotplate, turning, for 2 minutes or until charred and just tender. Cook lemon halves for 3 minutes or until charred. Discard string from turkey. Serve turkey, sliced, with asparagus, beans, lemon and gravy.

NUTRITION: (per serve) 3097kJ; 35.7g fat; 11g sat fat; 64.3g protein; 31.5g carbs; 5g fibre; 186mg chol; 966mg sodium.

Cook's notes:

+ If using frozen cherries, be sure to drain them well on paper towel once thawed to remove as much moisture as possible.
+ If turkey is thicker on one side when you open out, cut thick side again, making sure not to cut all the way through, and open out.

TURKEY, SAGE AND CRANBERRY TERRINE

SERVES 8

PREP 25 MINUTES (PLUS COOLING AND OVERNIGHT REFRIGERATION)

COOK 1 HOUR 25 MINUTES

YOU'LL NEED TO START THIS RECIPE 1 DAY AHEAD.

50g butter

1 large leek, trimmed, halved, sliced

2 garlic cloves, crushed

1 tablespoon brown sugar

⅓ cup dried cranberries

2 tablespoons brandy

12 slices prosciutto (see notes)

¼ cup fresh sage leaves

1kg turkey mince (see notes)

1 egg, lightly beaten

½ teaspoon mixed spice

200g chicken breast fillet, diced

into 2cm pieces

2 tablespoons extra virgin olive oil

Cornichons, jellied cranberry sauce and crusty bread, to serve

1 Melt butter in a frying pan over medium heat. Cook leek, stirring, for 5 to 7 minutes or until softened. Add garlic and brown sugar. Cook, stirring, for 2 minutes or until mixture caramelises. Cool completely.

2 Place cranberries and brandy in a bowl. Set aside for 15 minutes to soak.

3 Preheat oven to 180°C/160°C fan-forced. Grease a 7cm-deep, 11cm x 21cm (base) loaf pan. Line base and sides of prepared pan with prosciutto, slightly overlapping, allowing excess prosciutto to overhang about 6cm on all sides.

4 Roughly chop 1 tablespoon sage. Place mince, leek mixture, cranberry mixture, egg, chopped sage and mixed spice in a large bowl. Season well with salt and pepper. Mix well to combine. Add chicken. Mix well. Spoon mixture into prepared pan, pressing firmly with the back of spoon to compact and level top. Fold prosciutto over top of mince mixture to cover. Cover tightly with foil.

5 Place pan in a baking dish. Pour enough boiling water into dish to reach halfway up side of pan. Bake for 1 hour. Remove and discard foil. Bake for a further 15 minutes. Carefully remove pan from baking dish. Cool for 20 minutes. Carefully drain excess liquid from pan. Turn terrine onto a plate, top-side down. Cover. Refrigerate overnight.

6 Remove terrine from fridge 15 minutes before serving. Heat oil in a small frying

pan over medium-high heat. Cook remaining sage, turning, for 1 minute or until crisp. Drain on paper towel. Sprinkle terrine with sage. Serve with cornichons, cranberry sauce and crusty bread.

NUTRITION: (per serve) 1955kJ; 29.6g fat; 10.9g sat fat; 37.3g protein; 8.9g carbs; 3g fibre; 167mg chol; 657mg sodium. >

Cook's notes:

+ Use thinly sliced prosciutto from the deli as it's much easier to line the pan.

+ We used turkey breast mince. Ask your butcher to make this up for you.

TURKEY, SAGE AND CRANBERRY TERRINE

THE INFO

+ CLASSIC UPDATE
+ MAKE AHEAD

\$4.56
PER SERVE

+ make ahead!
'T WAS THE NIGHT BEFORE CHRISTMAS AND THIS TURKEY MAIN WAS ALREADY SORTED

ROAST TURKEY BUFFE WITH EASY, CHEESY BREAD AND BACON STUFFING

SERVES 12

PREP 15 MINUTES (PLUS STANDING)

COOK 2 HOURS 45 MINUTES

3.2kg (size 32) frozen turkey buffe, thawed

2 lemons, quartered

8 sprigs fresh thyme

40g butter, softened

Gravy, to serve

Easy, Cheesy Bread and Bacon Stuffing

520g loaf sourdough, cut into 2cm cubes

200g streaky bacon, chopped

200g Danish fetta, crumbled

1½ cups grated cheddar

2 green onions, chopped

2 tablespoons chopped fresh oregano

50g butter, melted

¼ cup extra virgin olive oil

2 garlic cloves, crushed

2 teaspoons chopped fresh thyme leaves

¼ cup roughly chopped fresh flat-leaf

parsley leaves

1 Preheat oven to 180°C/160°C fan-forced.

Place turkey on a greased wire rack in a large flameproof roasting pan. Pour 2 cups

water into pan. Fill cavity of turkey with lemon and thyme.

2 Rub butter all over turkey. Season with salt and pepper. Cover pan tightly with lightly greased foil. Roast for 1 hour 30 minutes.

3 Remove and discard foil. Roast, basting with pan juices every 20 minutes, for a further 1 hour or until turkey is golden and juices run clear when thickest part is pierced with a skewer (add more water to pan if evaporating during cooking). Carefully transfer turkey to a plate. Cover loosely with foil. Set aside to rest.



**ROAST TURKEY BUFFE
WITH EASY, CHEESY
BREAD AND BACON
STUFFING**

THE INFO

+ GREAT FOR KIDS
+ SUPER EASY

\$5.20
PER SERVE

4 Meanwhile, make Easy, Cheesy Bread and Bacon Stuffing Place sourdough, bacon, fetta, cheddar, onion and oregano in a large bowl. Whisk butter, oil, garlic and thyme together in a jug. Season with salt and pepper. Drizzle over bread mixture. Toss well to combine. Transfer mixture to a greased 12-cup-capacity roasting pan. Bake, tossing halfway through cooking, for 45 to 50 minutes or until bread is golden and crisp. Sprinkle with parsley.

5 Slice turkey. Serve with stuffing and gravy. **NUTRITION:** (per serve) 2939kJ; 43.1g fat; 17.5g sat fat; 56.4g protein; 20g carbs; 3g fibre; 154mg chol; 1161mg sodium.

STICKY COLA-GLAZED TURKEY WITH SPICY CAPSICUM AND RICE STUFFING

SERVES 10
PREP 25 MINUTES (PLUS COOLING AND STANDING) **COOK** 3 HOURS
YOU'LL NEED UNWAXED KITCHEN STRING AND TOOTHPICKS FOR THIS RECIPE.

STICKY COLA-GLAZED TURKEY WITH SPICY CAPSICUM AND RICE STUFFING

SERVES 10
PREP 25 MINUTES (PLUS COOLING AND STANDING) **COOK** 3 HOURS
YOU'LL NEED UNWAXED KITCHEN STRING AND TOOTHPICKS FOR THIS RECIPE.

- ½ cup cola
- 2 tablespoons smoky barbecue sauce
- 2 teaspoons mild American mustard
- 4kg Steggles whole turkey
- Roast pumpkin, red onion and broccolini, gravy and lemon wedges, to serve
- Spicy Capsicum and Rice Stuffing**
- 1 tablespoon extra virgin olive oil
- 1 small red onion, finely chopped
- 1 red capsicum, diced
- 1 garlic clove, crushed
- 1 teaspoon dried oregano
- ½ teaspoon dried chilli flakes
- 1 lemon
- ¾ cup cooled cooked white long-grain rice
- 2 tablespoons roughly chopped fresh coriander leaves
- 1 egg, lightly beaten

1 Combine cola, sauce and mustard in a saucepan over medium-high heat. Bring to a simmer (see notes). Reduce heat to low. Simmer for 2 minutes. Set aside to cool.

2 Make Spicy Capsicum and Rice Stuffing Heat oil in a large frying pan over medium-high heat. Cook onion and capsicum, stirring, for 8 minutes or until softened. Add garlic, oregano and chilli. Cook for 1 minute or until fragrant. Transfer to a bowl. Set aside to cool completely.

3 Grate zest from lemon. Remove and discard rind. Finely chop flesh. Add zest and flesh to onion mixture with rice,



STICKY COLA-GLAZED TURKEY WITH SPICY CAPSICUM AND RICE STUFFING

THE INFO

+ CLASSIC MAKEOVER
+ GREAT FOR KIDS

\$4.93
PER SERVE

coriander and egg. Season with salt and pepper. Mix well.

4 Preheat oven to 180°C/160°C fan-forced. Remove and discard neck from turkey. Pat dry inside and out with paper towel. Loosely fill neck cavity with some of the stuffing. Using toothpicks, secure skin over neck cavity to enclose stuffing. Fill large cavity with remaining stuffing. Secure skin over cavity with toothpicks. Tie legs together with kitchen string. Tuck wings under turkey.

5 Place a greased wire rack in a large flameproof roasting pan. Pour 3 cups water into base of pan (see notes). Place turkey on rack. Brush turkey with ½ the cola mixture. Refrigerate remaining cola mixture. Cover pan tightly with greased foil. Roast turkey for 2 hours. Remove and discard foil. Roast, brushing

turkey every 15 minutes with remaining cola mixture, for a further 45 minutes or until turkey is golden and juices run clear when thigh is pierced with a skewer. Carefully transfer turkey to a plate. Cover loosely with foil. Stand for 15 minutes.

6 Discard string and toothpicks from turkey. Serve with stuffing, roast vegetables, gravy and lemon wedges.

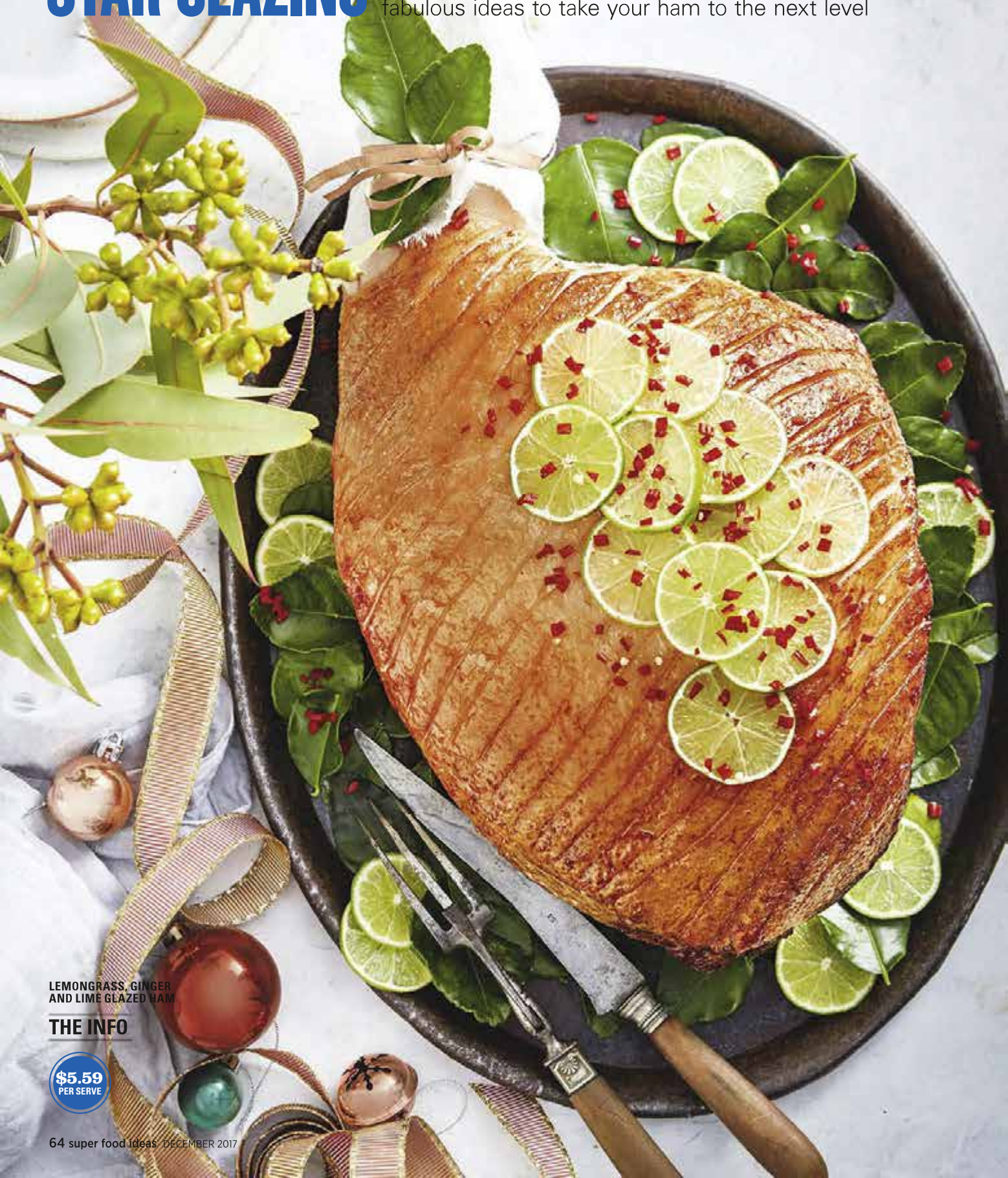
NUTRITION: (per serve) 1908kJ; 23.6g fat; 7.1g sat fat; 41.6g protein; 18.3g carbs; 1.7g fibre; 141mg chol; 528mg sodium. ■

Cook's notes:

- + Because of the cola, the mixture will double in size, so make sure your saucepan is big enough.
- + Top up the water during cooking, if needed.

STAR GLAZING

An Aussie Christmas isn't complete without a sticky glazed ham or zesty accompaniment. Here are five fabulous ideas to take your ham to the next level



LEMONGRASS, GINGER
AND LIME GLAZED HAM

THE INFO

\$5.59
PER SERVE

LEMONGRASS, GINGER AND LIME GLAZED HAM

SERVES 20

PREP 20 MINUTES (PLUS COOLING)

COOK 1 HOUR 50 MINUTES

- 1 lemongrass stalk
- 6cm piece fresh ginger, sliced
- 2 kaffir lime leaves, torn, plus extra leaves to garnish
- 1 cup caster sugar
- 8kg cooked leg ham
- 2 limes, thinly sliced
- 2 long red chillies, finely chopped

- 1 Preheat oven to 180°C/160°C fan-forced.
 - 2 Cut lemongrass in half crossways, then in half lengthways. Place lemongrass, ginger, lime leaves, sugar and 2 cups water in a small saucepan over low heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to medium-high. Bring to the boil. Reduce heat to low. Simmer for 15 minutes or until mixture thickens slightly and is syrupy. Set aside for 15 minutes to cool. Strain. Discard solids.
 - 3 Meanwhile, using a small sharp knife, cut through ham rind about 8cm from shank. Starting at the opposite end to shank, run your thumb under rind to separate it from fat. Peel back and remove rind (see notes). Score fat at 1cm intervals, being careful not to cut through to the meat. Wrap shank end in foil.
 - 4 Place ham on a lightly greased wire rack in a large roasting pan. Pour enough boiling water into pan to reach 2cm up side of pan. Brush ham with ⅓ of the lemongrass mixture. Bake, basting with remaining lemongrass mixture every 20 minutes, for 1 hour 30 minutes or until ham is golden. Remove and discard foil from shank. Arrange lime slices on ham. Sprinkle with chilli. Serve.
- NUTRITION:** (per serve) 1375kJ; 15.2g fat; 5.5g sat fat; 35.9g protein; 10.7g carbs; 0.4g fibre; 104mg chol; 2606mg sodium.



RASPBERRY AND MANGO SALSA

THE INFO

- + GLUTEN FREE
- + HEART FRIENDLY
- + NO COOK

\$4.65
PER SERVE

20

RASPBERRY AND MANGO SALSA

SERVES 6

PREP 20 MINUTES

- 2 tablespoons white balsamic vinegar
- 1 tablespoon extra virgin olive oil
- 4 mangoes
- 250g raspberries
- 3 green onions, thinly sliced
- ⅓ cup fresh basil leaves
- Sliced leg ham, to serve

- 1 Whisk vinegar and oil together in a small bowl. Season with salt and pepper.
- 2 Peel and remove cheeks from mangoes. Dice cheeks into 1cm pieces. Remove remaining flesh from around mango stones. Dice flesh into 1cm pieces. Discard stones.

- 3 Place mango, raspberries, onion and basil in a bowl. Drizzle with dressing. Toss to combine. Serve with ham.
- NUTRITION:** (per serve) 532kJ; 2.7g fat; 0.4g sat fat; 2g protein; 21.3g carbs; 4.3g fibre; 0mg chol; 27mg sodium. >

Cook's notes:

Don't throw away the ham rind – you can use it to cover any leftover ham on the bone to help stop it from drying out. You can also soak a ham bag or tea towel in 1 litre of water mixed with 2 tablespoons vinegar. Squeeze out excess water and place ham in the bag or wrap in the tea towel. Store in the fridge.

SPICED BEETROOT AND ORANGE RELISH

THE INFO

+ LOWER SODIUM
+ LOW FAT
+ LOW SATURATED FAT
+ MAKE AHEAD

\$3.40
PER CUP

SPICED BEETROOT AND ORANGE RELISH

MAKES 2 CUPS

PREP 20 MINUTES (PLUS COOLING)

COOK 50 MINUTES

2 small (375g total) beetroot

1 small brown onion, roughly chopped

1 small granny smith apple, peeled, cored, roughly chopped

2 oranges

½ teaspoon coriander seeds, crushed

1 teaspoon yellow mustard seeds

1 cinnamon stick

1 dried bay leaf

⅔ cup apple cider vinegar

¾ cup caster sugar

Sliced leg ham, to serve

1 Wearing disposable gloves, peel and roughly chop beetroot. Place in a food processor with onion and apple. Pulse until roughly chopped.

2 Transfer mixture to a large saucepan. Finely grate the rind of 1 orange, then juice. Add 2 teaspoons rind, ⅓ cup orange juice, seeds, cinnamon, bay leaf, vinegar and sugar to pan. Stir to combine. Place over low heat. Cook, stirring occasionally, for 5 minutes or until sugar has dissolved. Increase heat to medium-high. Bring to the boil. Reduce heat to medium-low. Simmer, stirring occasionally, for 40 to 45 minutes or until beetroot is tender and mixture has thickened. Remove from heat. Set aside to cool.

3 Segment remaining orange. Finely chop. Add ½ to the relish. Stir to combine. Sprinkle with remaining chopped orange. Serve with ham.

NUTRITION: (per tbsp) 177kJ; 0.04g fat; 0.001g sat fat; 0.5g protein; 9.5g carbs; 1g fibre; 0mg chol; 9mg sodium.



SWEET CHILLI AND PINEAPPLE JAM GLAZE

MAKES 2 CUPS

PREP 20 MINUTES (PLUS COOLING)

COOK 35 MINUTES

440g can crushed pineapple in juice

1 small red onion, roughly chopped

3 long red chillies, roughly chopped

2 garlic cloves, roughly chopped

2 cups caster sugar

½ cup white wine vinegar

2 tablespoons lime juice

1 teaspoon fish sauce

1 Drain pineapple over a large jug, reserving juice. Place onion, chilli, garlic and ½ cup reserved pineapple juice in a food processor. Process until finely chopped. Transfer to a large saucepan.
2 Add pineapple and remaining reserved juice, sugar, vinegar, lime juice and fish sauce to pan. Stir to combine. Cook, stirring, over low heat for 5 minutes or until sugar has dissolved. Increase heat to medium-high. Bring to the boil. Reduce heat to medium-low. Simmer, stirring

occasionally, for 30 minutes or until thickened slightly and syrupy. Cool completely before glazing ham (see notes).

To glaze ham: Preheat oven to 180°C/160°C fan-forced. Using a small sharp knife, cut through ham rind about 8cm from shank. Starting at the opposite end to shank, run your thumb under rind to separate it from fat. Peel back and remove rind. Wrap shank end in foil. Place ham in a large roasting pan lined with baking paper. Spoon pineapple mixture over ham, spreading to cover. Bake, basting with pan juices every 20 minutes, for 1 hour 30 minutes or until ham is golden. Remove and discard foil from shank. Serve.
NUTRITION: (total) 8164kJ; 3.3g fat; 0.05g sat fat; 6.1g protein; 482g carbs; 15.1g fibre; 0mg chol; 545mg sodium.

SWEET CHILLI AND
PINEAPPLE JAM GLAZE

THE INFO

+ LOW FAT
+ LOW SATURATED FAT\$3.25
PER CUPBROWN SUGAR AND
HONEY MUSTARD HAM

THE INFO

\$5.58
PER SERVEBROWN SUGAR AND
HONEY MUSTARD HAM

SERVES 20

PREP 15 MINUTES (PLUS COOLING)

COOK 1 HOUR 40 MINUTES

½ cup honey

½ cup brandy

1 tablespoon dijon mustard

1 sprig fresh thyme

8kg cooked leg ham

1 cup brown sugar

1 Preheat oven to 180°C/160°C fan-forced.

2 Place the honey, brandy, mustard and thyme sprig in a small saucepan over low heat. Cook, stirring, for 2 minutes or until honey has melted. Increase heat to medium-high. Bring to the boil. Reduce heat to low. Simmer, uncovered, for 5 minutes or until thickened slightly and syrupy. Remove from heat. Set aside for 15 minutes to cool slightly. Remove and discard thyme.

3 Meanwhile, using a small sharp knife, cut through the ham rind about 8cm from shank. Starting at the opposite

end to shank, carefully run your thumb under the rind to separate it from the fat. Peel back and remove rind. Wrap shank end in foil.

4 Place ham on a lightly greased wire rack in a large roasting pan. Brush ham with ½ the honey mixture. Bake, basting with remaining honey mixture halfway through cooking, for 1 hour or until ham is golden. Sprinkle ham with sugar. Bake for a further 30 minutes or until sugar is beginning to caramelise (see notes).

Remove and discard foil from shank. Serve.

NUTRITION: (per serve) 1452kJ; 15.2g fat;

5.5g sat fat; 35.9g protein; 15g carbs;

0.1g fibre; 104mg chol; 2632mg sodium. ■

Cook's notes:

+ FOR SWEET CHILLI AND PINEAPPLE

JAM GLAZE: If giving the glaze as a gift, spoon hot jam into hot sterilised jars.

To sterilise, place jars and lids in a saucepan. Cover with cold water.

Bring to the boil. Reduce heat to medium.

Boil for 10 minutes. Line a tray with paper towel.

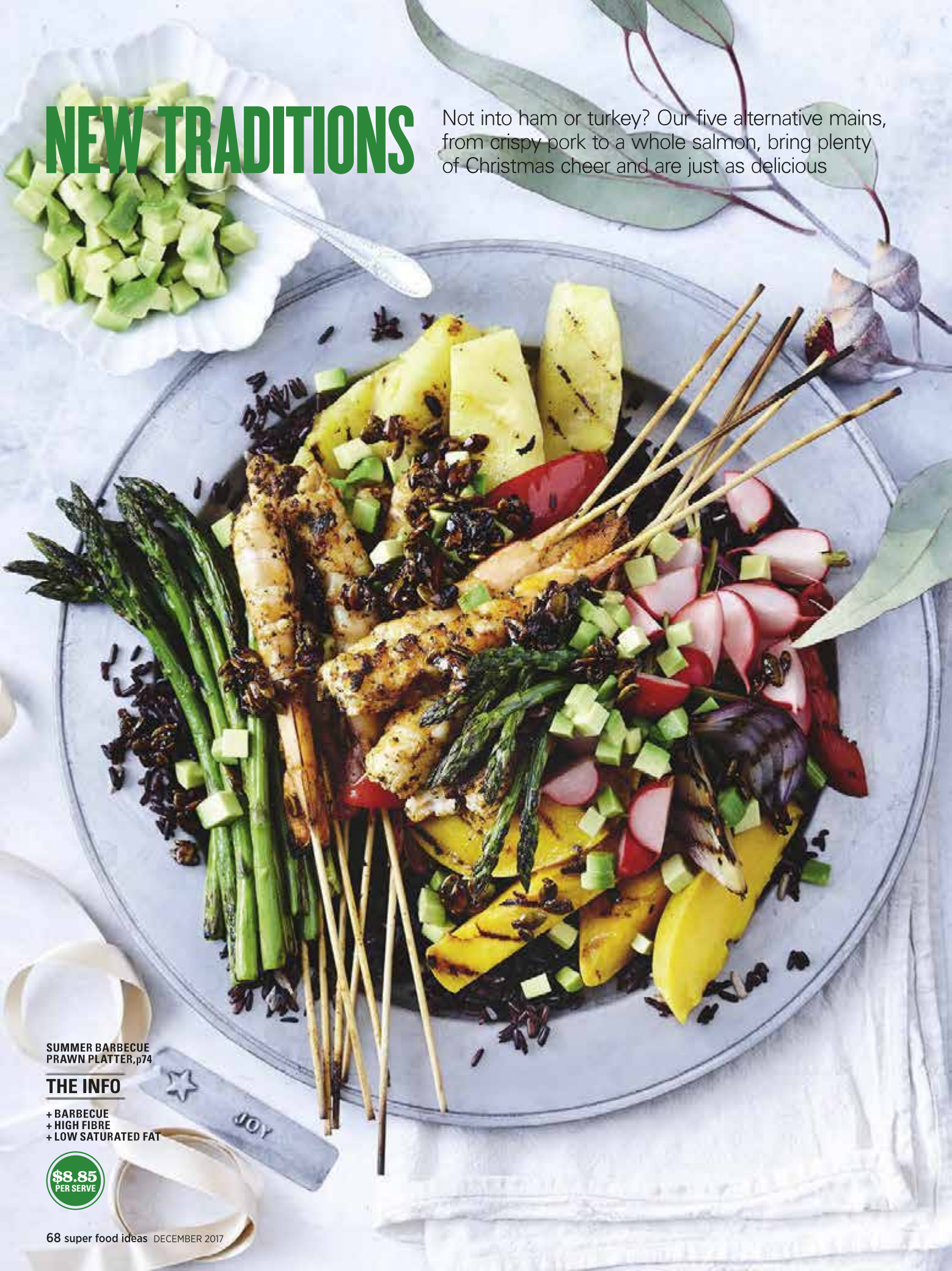
Remove jars using metal tongs and air dry or dry with a clean paper towel.

+ FOR BROWN SUGAR AND HONEY

MUSTARD HAM: If you find some of the sugar is burning, cover that section with a small piece of foil to protect it from the heat.

NEW TRADITIONS

Not into ham or turkey? Our five alternative mains, from crispy pork to a whole salmon, bring plenty of Christmas cheer and are just as delicious



SUMMER BARBECUE
PRAWN PLATTER, p74

THE INFO

+ BARBECUE
+ HIGH FIBRE
+ LOW SATURATED FAT

\$8.85
PER SERVE

GOAT'S CHEESE AND
FENNEL TART WITH
POLENTA PASTRY AND
ROASTED PEACHES, p74

THE INFO

+ VEGETARIAN

\$4.04
PER SERVE



RED WINE-POACHED
BEEF WITH PLUM
SALAD, p75

THE INFO

+ HIGH IN IRON
+ LOWER SODIUM

\$10.55
PER SERVE

2.5
VEGIES PER
SERVE





SUMMER-FRUIT STUFFED
ROAST PORK WITH
SHERRY GRAVY, p72

THE INFO

+ CLASSIC UPDATE

\$6.09
PER SERVE



SUMMER FRUIT-STUFFED ROAST PORK WITH SHERRY GRAVY

THE INFO

+ CLASSIC UPDATE

\$6.09
PER SERVE

SUMMER FRUIT-STUFFED ROAST PORK WITH SHERRY GRAVY

SERVES 8

PREP 25 MINUTES (PLUS COOLING AND
STANDING) **COOK** 2 HOURS

*YOU'LL NEED UNWAXED KITCHEN STRING
FOR THIS RECIPE.*

70g butter

2 eschalots, sliced

2 garlic cloves, crushed

¼ teaspoon ground nutmeg

¼ teaspoon ground cloves

1 large apricot, chopped

1 small plum, chopped

1 small nectarine, chopped

1½ cups fresh breadcrumbs

2 tablespoons chopped pecans

**1 tablespoon finely chopped
fresh tarragon**

2kg rolled pork loin

1 tablespoon sea salt flakes

2 tablespoons extra virgin olive oil

3 bunches broccolini, trimmed

Sherry Gravy

2 teaspoons plain flour

½ cup dry apera (sherry)

½ cup chicken stock

1 Melt 50g butter in a frying pan over medium heat. Add ½ the eschalot. Cook, stirring, for 5 minutes or until softened. Add garlic, nutmeg and cloves. Cook, stirring, for 1 minute or until fragrant. Transfer to a heatproof bowl. Cool for 5 minutes. Add apricot, plum, nectarine, breadcrumbs, pecans and ½ the tarragon. Season with salt and pepper.

2 Preheat oven to 250°C/230°C fan-forced. Remove string from pork. Unroll. Pat rind dry with paper towel. Score at 1cm intervals. Place pork, skin-side down,

on board. Slice crossways through thickest part of the meat, being careful not to cut the whole way through. Open out to form 1 large piece. Press stuffing over pork. Roll up to enclose. Tie with kitchen string at 3cm intervals to secure. Place on a lightly greased wire rack in a large flameproof roasting pan. Combine sea salt and remaining tarragon in a bowl. Rub all over pork.

3 Roast for 20 minutes. Reduce heat to 180°C/160°C fan-forced. Roast for a further 1 hour 30 minutes or until juices run clear when a skewer is inserted into centre of pork. Transfer to a plate. Cover loosely with foil. Set aside for 10 minutes to rest. Pour cooking juices into a medium jug. Skim and discard any excess fat.

4 Make Sherry Gravy Melt remaining butter in pan over medium-high heat. Add remaining eschalot. Cook, stirring, for 5 minutes or until softened. Add flour. Cook for 1 minute. Stir in apera. Bring to a simmer. Simmer for 1 minute. Gradually stir in stock and pan juices from pork. Bring to the boil, stirring constantly. Cook, stirring occasionally, for 3 to 4 minutes or until thickened slightly. Season with pepper.

5 Meanwhile, heat oil in a large frying pan over medium-high heat. Cook broccolini, tossing occasionally, for 4 to 5 minutes or until charred and just tender. Season with salt and pepper. Toss to combine.

6 Slice pork. Serve with charred broccolini and sherry gravy.

NUTRITION: (per serve) 3506kJ; 55.6g fat; 21g sat fat; 56.3g protein; 23.2g carbs; 4.1g fibre; 126mg chol; 1614mg sodium.

FIRECRACKER SALMON**SERVES** 8**PREP** 15 MINUTES (PLUS COOLING)**COOK** 25 MINUTES

- 2 tablespoons sambal oelek
- 2 tablespoons soy sauce
- 4cm piece fresh ginger, finely grated
- 1 teaspoon dried chilli flakes,
plus extra to serve
- 3 garlic cloves, sliced
- 2 tablespoons rice wine vinegar
- ¼ cup brown sugar
- 1.5kg boneless whole side of salmon
(skin on)
- ¼ cup fresh coriander leaves, 1 sliced
green onion and ½ teaspoon toasted
sesame seeds, to serve

Noodle Slaw

- 3 cups finely shredded red cabbage
- 200g piece daikon (white radish), peeled,
thinly sliced
- ⅓ cup rice wine vinegar
- 1 tablespoon brown sugar
- 1 tablespoon sesame oil
- 2 teaspoons sea salt flakes
- 2 x 100g packets sweet potato noodles
- 2 carrots, cut into thin strips
- 4 celery stalks, trimmed, cut into
thin strips
- 2 Lebanese cucumbers, very thinly sliced

- 1 Combine sambal oelek, soy sauce, ginger, chilli, garlic, vinegar, sugar and 2 tablespoons water in a small saucepan. Bring to a simmer over medium-high heat. Reduce heat to medium-low. Simmer for 6 to 8 minutes or until thickened slightly. Set aside to cool completely.
 - 2 Preheat oven to 190°C/170°C fan-forced. Line a large baking tray with baking paper.
 - 3 Place salmon on prepared tray. Brush with ⅓ of the sauce mixture. Bake, brushing salmon with remaining sauce mixture every 5 minutes, for 12 to 15 minutes for medium or until cooked to your liking.
 - 4 **Meanwhile, make Noodle Slaw** Combine cabbage, daikon, vinegar, sugar, oil and sea salt in a large bowl. Stand for 15 minutes.
 - 5 Cook noodles following packet directions. Drain. Refresh under cold water. Drain. Add noodles and remaining ingredients to cabbage mixture. Toss to combine.
 - 6 Top salmon with coriander, onion, sesame seeds and extra chilli. Serve with slaw.
- NUTRITION:** (per serve) 2386kJ; 42.5g fat; 6g sat fat; 42.5g protein; 34.4g carbs; 4.2g fibre; 124mg chol; 1136mg sodium. >

**FIRECRACKER SALMON****THE INFO**

+ ASIAN
+ CONTAINS OMEGA-3

\$5.84
PER SERVE

SUMMER BARBECUE PRAWN PLATTER

SERVES 8

PREP 10 MINUTES **COOK** 30 MINUTES

YOU'LL NEED 32 LARGE PRE-SOAKED BAMBOO SKEWERS FOR THIS RECIPE.

- 2 cups black rice
- ¼ cup sunflower kernels
- ¼ cup apple cider vinegar
- 2 teaspoons caster sugar
- 1 teaspoon sea salt flakes
- 1 bunch radishes, trimmed, quartered
- ⅓ cup pepitas
- 2 tablespoons brown sugar
- 1 tablespoon harissa seasoning
- ¼ cup extra virgin olive oil
- 32 large green king prawns, peeled, deveined (tails intact)
- 2 mangoes
- 1 small pineapple, peeled, cored, cut into long wedges
- 2 bunches asparagus, trimmed
- 1 large red capsicum, cut into thick strips
- 1 large red onion, cut into thick wedges
- 1 avocado, cut into 1cm pieces
- 2 tablespoons lemon juice

- 1 Cook rice following packet directions. Season. Stir in sunflower kernels.
- 2 Combine vinegar, caster sugar, salt and radish in a bowl. Stand for 30 minutes, tossing occasionally.
- 3 Meanwhile, cook pepitas, in a frying pan over medium-high heat, tossing, for 3 minutes or until toasted. Sprinkle with brown sugar. Season with salt. Cook, stirring, for 2 minutes or until caramelised. Transfer to a baking paper-lined tray. Cool completely. Break into small pieces.
- 4 Combine seasoning and 2 tablespoons oil in a bowl. Add prawns. Toss to coat. Starting from tail end, thread prawns onto skewers. Cut cheeks from mangoes. Discard seeds.
- 5 Preheat a barbecue hotplate and grill on medium-high heat. Cook mango and pineapple, turning, for 4 minutes or until charred. Transfer to a tray. Cover to keep warm. Cook asparagus and prawns, turning occasionally, for 3 to 4 minutes or until asparagus is just tender and prawns are just cooked. Transfer to tray. Cook capsicum and onion for 3 minutes each side or until charred.
- 6 Drain radish mixture, reserving ¼ cup pickling liquid. Toss avocado with lemon juice. Stir remaining oil into pickling liquid.
- 7 Cut mango into wedges. Place rice mixture on a large platter. Top with fruit,



SUMMER BARBECUE PRAWN PLATTER

THE INFO

- + BARBECUE
- + HIGH FIBRE
- + LOW SATURATED FAT

\$8.85
PER SERVE

vegetables and prawns. Spoon over avocado mixture. Drizzle with dressing. Sprinkle with pepitas. Serve.

NUTRITION: (per serve) 1823kJ; 17.1g fat; 2.9g sat fat; 24.4g protein; 42.1g carbs; 6.9g fibre; 121mg chol; 672mg sodium.

GOAT'S CHEESE AND FENNEL TART WITH POLENTA PASTRY AND ROASTED PEACHES

SERVES 8

PREP 35 MINUTES (PLUS REFRIGERATION)

COOK 55 MINUTES

- 700g fresh ricotta
- 200g goat's cheese
- 2 teaspoons fennel seeds
- ¼ cup thickened cream
- 2 garlic cloves, crushed
- 2 eggs
- 1 tablespoon grated lemon rind
- 50g baby rocket
- Polenta Pastry**
- 1½ cups plain flour
- ⅔ cup instant polenta
- 180g chilled butter, chopped
- 1 teaspoon sea salt flakes
- ¼ cup chilled water

Roasted Peaches

- 50g butter, chopped
- 1 tablespoon brown sugar
- 2 sprigs fresh rosemary
- 1 tablespoon white balsamic vinegar
- 3 peaches, cut into wedges

- 1 **Make Polenta Pastry** Process flour, polenta, butter and salt until mixture resembles coarse crumbs. Add water. Process until mixture just comes together. Shape into a disc. Cover with plastic wrap. Refrigerate for 30 minutes.
- 2 Preheat oven to 200°C/180°C fan-forced. Grease a 2.5cm-deep, 21cm x 31cm tart pan (see notes). Roll out pastry between 2 sheets of baking paper until 5mm-thick. Line pan with pastry. Trim edges. Prick base with a fork. Refrigerate for 10 minutes.
- 3 Place pan on a baking tray. Line pastry with baking paper. Fill with ceramic pie weights or uncooked rice. Bake for 10 minutes. Remove weights or rice and baking paper. Bake for 10 to 12 minutes or until light golden. Reduce oven to 180°C/160°C fan-forced.
- 4 Process ricotta, 150g goat's cheese, fennel seeds, cream, garlic, eggs and lemon rind until smooth. Season with salt and pepper.



GOAT'S CHEESE AND FENNEL TART WITH POLENTA PASTRY AND ROASTED PEACHES

THE INFO

+ VEGETARIAN

\$4.04
PER SERVE



RED WINE-POACHED BEEF WITH PLUM SALAD

THE INFO

+ HIGH IN IRON
+ LOWER SODIUM

\$10.55
PER SERVE

2.5
VEGIES PER
SERVE

5 Spread mixture into pastry shell. Bake for 30 minutes or until just set. Cool for 15 minutes.

6 Meanwhile, make Roasted Peaches

Combine butter, sugar, rosemary and vinegar in a large baking dish. Add peach. Toss to combine. Bake for 25 to 30 minutes or until peach starts to brown and is just tender. Cool for 15 minutes.

7 Serve tart topped with rocket, roasted peaches and remaining goat's cheese.

NUTRITION: (per serve) 2664kJ; 44.1g fat; 28g sat fat; 20.4g protein; 37.3g carbs; 3g fibre; 191mg chol; 838mg sodium.

RED WINE-POACHED BEEF WITH PLUM SALAD

SERVES 8

PREP 20 MINUTES COOK 1 HOUR

YOU'LL NEED UNWAXED KITCHEN STRING.

750ml good-quality dry red wine

4 sprigs fresh thyme

2 teaspoons black peppercorns

2 bunches spring onions (8 bulbs), trimmed

1½ cups salt-reduced chicken stock

4 dried bay leaves

1½ tablespoons caster sugar

1.2kg whole beef eye fillet, trimmed

4 black plums

1kg baby potatoes, halved (quartered if large)

2 tablespoons extra virgin olive oil

60g butter, chopped

1 tablespoon plain flour

200g beetroot salad leaves

50g pecorino pepato, shaved

1 Place wine, thyme, peppercorns, onion, stock, bay leaves, 1 tablespoon sugar and 1½ cups water in a large saucepan over medium-high heat. Bring to the boil. Reduce heat to medium. Simmer for 15 minutes.

2 Tie beef with string at 4cm intervals. Add to wine mixture with plums (beef should be submerged). Cook for 10 minutes for rare (see notes). Transfer beef, plums and onions to a plate. Cool for 15 minutes.

3 Meanwhile, cook wine mixture over medium heat for 20 minutes or until reduced by half. Strain through a fine sieve over a jug.

4 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Toss potato and ½ the oil in a large bowl. Season. Place on tray. Bake for 30 minutes or until golden and tender.

5 Heat remaining oil in a large frying pan over medium-high heat. Cook beef, turning, for 5 minutes or until charred. Transfer to a plate. Cover with foil. Stand for 5 minutes.

6 Melt butter in the same frying pan over medium heat. Add flour. Cook, stirring, for 2 minutes or until lightly browned. Reduce heat to low. Gradually add wine mixture, stirring, until sauce bubbles and thickens. Season with salt and pepper. Add remaining sugar, to taste.

7 Place salad leaves on a platter. Peel plums and cut into wedges. Halve onions. Arrange on salad leaves. Sprinkle with pecorino. Serve salad with beef and wine sauce.

NUTRITION: (per serve) 2260kJ; 21.4g fat; 8.9g sat fat; 40.2g protein; 25.9g carbs; 4.3g fibre; 105mg chol; 440mg sodium. ■

Cook's notes:

+ **FOR THE TART:** We used a pan from Big W.

+ **FOR THE BEEF:** If the beef doesn't fit in the saucepan, cut it into two pieces.

+ Cook beef for 15 minutes for medium or 25 minutes for well done.

FROZEN ASSETS

We're so lucky to celebrate Christmas in summer. It's the perfect excuse to choose from this line-up of amazing frozen desserts



TROPICAL SUNRISE
SORBET CAKE, p78

THE INFO

+ CLASSIC UPDATE
+ MAKE AHEAD

\$2.19
PER SERVE

CHOC-CHERRY
ICE-CREAM
SUNDAE CAKE, p80

THE INFO

+ GREAT FOR KIDS
+ MAKE AHEAD

\$3.03
PER SERVE



FROZEN CHRISTMAS CHEESECAKE PUDDING

SERVES 8

PREP 30 MINUTES (PLUS 20 MINUTES STANDING, AND 30 MINUTES AND OVERNIGHT FREEZING)

YOU'LL NEED TO START THIS RECIPE 1 DAY AHEAD.

- 1/3 cup dried cranberries**
- 2 tablespoons brandy (see notes)**
- 500g cream cheese, softened**
- 1 litre vanilla ice-cream**
- 2/3 cup bottled fruit mince**
- 80g packet pistachio kernels, roughly chopped**
- 1/2 x 250g packet gingernut biscuits**
- 40g butter, melted**
- 1/2 x 205g bottle milk chocolate shell topping, 1/2 cup frozen cranberries and fresh mint leaves, to decorate**

1 Place dried cranberries and brandy in a bowl. Set aside for 20 minutes to soak.

2 Line an 8-cup-capacity metal pudding basin with plastic wrap.

3 Using an electric mixer, beat cream cheese for 5 minutes or until light and fluffy. Add ice-cream. Beat until well combined. Fold in fruit mince, pistachios and cranberry mixture. Pour mixture into prepared basin. Freeze for 30 minutes.

4 Place biscuits in a food processor. Process until fine crumbs form. Add butter. Process until combined. Spoon over top of ice-cream, pressing with the back of a spoon to level and compact (see notes). Cover with plastic wrap. Freeze overnight.

5 Turn pudding onto a serving plate. Carefully remove plastic wrap. Drizzle with chocolate topping. Decorate with frozen cranberries and mint. Serve immediately.

NUTRITION: (per serve) 3018kJ; 44.3g fat; 25.7g sat fat; 11.8g protein; 66.3g carbs; 3.5g fibre; 81mg chol; 382mg sodium.

Cook's notes:

- + If you don't want to use alcohol, you can substitute orange juice for the brandy.
- + Be careful not to push the mixture into the ice-cream too much when compacting.

FROZEN
CHRISTMAS
CHEESECAKE
PUDDING

THE INFO

- + MAKE AHEAD
- + NO COOK
- + SUPER EASY

\$2.65
PER SERVE



**COVER
RECIPE**

TROPICAL SUNRISE SORBET CAKE

SERVES 12

PREP 30 MINUTES (PLUS STANDING, COOLING AND OVERNIGHT FREEZING)

COOK 10 MINUTES

YOU'LL NEED TO START THIS RECIPE 1 DAY AHEAD.

- 2 litres vanilla ice-cream**
- 250g packet butternut snap cookies**
- 75g butter, melted**
- 750ml mango sorbet**
- 750ml summer berries sorbet**
- 1 large sliced mango, 12 mini vanilla meringues and lime zest, to decorate**
- Passionfruit and Lime Syrup**
- 1/4 cup caster sugar**
- 2 passionfruit, halved**
- 2 tablespoons lime juice**

1 Grease a 7cm-deep, 9cm x 25.5cm loaf pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

2 Place ice-cream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted).

3 Meanwhile, process biscuits in a food processor until fine crumbs form. Add butter. Process until combined.

4 Spoon ice-cream and sorbets, alternating, into prepared pan, gently pressing with the back of spoon as you layer to remove any air bubbles. Top with biscuit mixture, pressing to secure. Cover with plastic wrap. Freeze overnight.

5 Make Passionfruit and Lime Syrup

Place sugar, passionfruit pulp and lime juice in a small saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil, without stirring, for 5 minutes or until thickened. Remove from heat. Set aside to cool completely.

6 Stand ice-cream cake at room temperature for 5 minutes. Turn onto a serving plate. Remove and discard baking paper. Decorate with mango, meringues, lime zest, and drizzle with passionfruit and lime syrup. Serve immediately.

NUTRITION: (per serve) 2021kJ; 13g fat; 8.3g sat fat; 8.7g protein; 87.5g carbs; 2.1g fibre; 23mg chol; 225mg sodium.

TROPICAL SUNRISE
SORBET CAKE

THE INFO

+ CLASSIC UPDATE
+ MAKE AHEAD\$2.19
PER SERVERASPBERRY TRIFLE
ICE-CREAM CAKE

SERVES 30

PREP 1 HOUR (PLUS 4 HOURS
AND OVERNIGHT FREEZING)

START THIS RECIPE 1 DAY AHEAD.

2 x 250g packets mini jam rolls

2 tablespoons dry apera (sherry)

5 litres vanilla ice-cream

2 x 85g packets raspberry jelly crystals

1½ cups double thick vanilla custard

1 cup frozen raspberries, lightly crushed

600ml thickened cream

2 sliced peaches and 125g fresh or frozen
raspberries, thawed, to decorate

1 Grease a 22cm round (base) springform pan. Line base and side with baking paper, overlapping at join and extending paper 7cm above edge of pan.

2 Cut each jam roll into 6 equal slices. Place ½ the slices, in a single layer, over base of prepared pan, trimming to fill any gaps. Drizzle with ½ the apera.

3 Place 1.5 litres ice-cream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted). Add ½ the jelly

crystals. Mix well to combine. Spoon mixture over prepared base, spreading to level. Freeze for 2 hours.

4 Place 2 litres remaining ice-cream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted). Stir in custard until well combined. Fold in raspberries. Spoon ½ the mixture into pan, spreading to level. Arrange remaining jam roll slices on top, in a single layer, trimming to fill any gaps. Drizzle with remaining apera. Top with remaining custard mixture, spreading to level. Freeze for 2 hours.

5 Place remaining ice-cream in a bowl. Set aside for 10 minutes to soften (ice-cream should not be melted). Add remaining jelly crystals. Mix well to combine. Spoon mixture into pan, spreading to level. Cover surface with plastic wrap. Freeze overnight.

6 Using an electric mixer, beat cream until just-firm peaks form. Remove ice-cream cake from pan and place on a serving plate. Dollop with whipped cream. Top with peach and raspberries. Serve immediately.

NUTRITION: (per serve) 1269kJ; 12.6g fat; 8.3g sat fat; 5.4g protein; 42.7g carbs; 0.8g fibre; 45mg chol; 128mg sodium. >

RASPBERRY TRIFLE
ICE-CREAM CAKE

THE INFO

+ CLASSIC UPDATE
+ MAKE AHEAD
+ NO COOK\$1.03
PER SERVE



CHOC-CHERRY ICE-CREAM SUNDAE CAKE

THE INFO

+ GREAT FOR KIDS
+ MAKE AHEAD

\$3.03
PER SERVE

CHOC-CHERRY ICE-CREAM SUNDAE CAKE

SERVES 12

PREP 1 HOUR (PLUS COOLING,
2 HOURS STANDING, AND 3 HOURS
AND OVERNIGHT FREEZING)

COOK 1 HOUR 5 MINUTES

*YOU'LL NEED A PIPING BAG FITTED WITH
A 1.4CM FLUTED NOZZLE FOR THIS RECIPE.*

535g packet rich chocolate cake
(see notes)

60g butter, softened

2 eggs

2 litres vanilla ice-cream

50g sachet coconut milk powder

3 x 52g Cherry Ripe bars, chopped

$\frac{2}{3}$ cup cherry jam, strained

200g dark chocolate, chopped

$\frac{1}{3}$ cup thickened cream

Extra 300ml thickened cream
Maraschino cherries (see notes)
and sprinkles, to serve

Milk Chocolate Cherry Fudge

150g milk chocolate, chopped

$\frac{1}{4}$ cup thickened cream

2 tablespoons cherry liqueur (see notes)

1 Preheat oven to 180°C/160°C fan-forced.
Grease a 6cm-deep, 20cm round cake pan.
Line base and side with baking paper.

2 Make cake following packet directions,
using the butter, eggs and $\frac{3}{4}$ cup water.
Spoon into prepared pan. Level top. Bake
for 1 hour to 1 hour 5 minutes or until a
skewer inserted into centre of cake comes
out clean. Stand in pan for 5 minutes.
Turn onto a baking paper-lined wire rack
to cool completely.

3 Make Milk Chocolate Cherry Fudge

Place milk chocolate, cream and liqueur in
a microwave-safe bowl. Microwave on HIGH
(100%), stirring every 30 seconds, for 1 to
2 minutes or until melted and smooth. Set
aside for 2 hours or until mixture thickens.

4 Trim top of cake to level. Split cake in
half horizontally (each half should be about
2cm thick). Using the base of an 18.5cm
round springform pan as a guide, cut a
round from each cake half. Discard off-cuts.
Grease the springform pan. Line base and
side with baking paper, overlapping at join
and extending paper 10cm above edge.

5 Place 1 litre vanilla ice-cream in a
bowl. Set aside for 10 minutes to soften
(ice-cream should not be melted).

6 Meanwhile, place 1 cake round in
prepared pan to fit tightly, trimming edge,
if needed. Stir $\frac{1}{2}$ the milk powder into
softened ice-cream. Fold in $\frac{1}{2}$ the Cherry
Ripe. Spoon mixture over prepared base,
using the back of a spoon to create holes
in the top of the ice-cream. Spoon $\frac{1}{2}$ the
fudge and $\frac{1}{2}$ the jam into holes and on top
of ice-cream. Freeze for 2 hours.

7 Place remaining cake round on top of
fudge layer to fit tightly, trimming edge, if
needed. Dollop with remaining fudge and
remaining jam. Freeze for 1 hour.

8 Place remaining ice-cream in a bowl. Set
aside for 10 minutes to soften (ice-cream
should not be melted). Stir in remaining
milk powder. Fold in remaining Cherry
Ripe. Spoon over fudge layer, spreading
top to level. Cover. Freeze overnight.

9 Place dark chocolate and cream in a
microwave-safe bowl. Microwave on HIGH
(100%), stirring every 30 seconds, for
1 minute or until melted and smooth. Set
aside for 1 hour or until thick and spreadable.

10 Stand cake at room temperature for
5 minutes. Using an electric mixer, beat extra
cream until just-firm peaks form. Spoon into
a piping bag fitted with a 1.4cm fluted nozzle.
Remove cake from pan. Transfer to a serving
plate. Working quickly, spread top of cake
with dark chocolate ganache. Using picture
as a guide, pipe cream on top. Decorate with
cherries and sprinkles. Serve immediately.

NUTRITION: (per serve) 3123kJ; 39.2g fat;
24.5g sat fat; 9.6g protein; 90g carbs;
2.5g fibre; 103mg chol; 395mg sodium.

Cook's notes:

+ You won't need the icing sachet.

+ Maraschino cherries are available at some
large supermarkets, greengrocers and delis.

You can use fresh cherries, if you prefer.

+ It is important to use the liqueur in the
fudge to prevent it from freezing solid.

SALTED CARAMEL CRUNCH ICE-CREAM CAKE

SERVES 12

PREP 30 MINUTES (PLUS COOLING, OVERNIGHT FREEZING AND STANDING)

COOK 20 MINUTES

2 litres salted caramel ice-cream

1 litre chocolate ice-cream

½ x 200g packet Darrell Lea little peanut brittle, chopped, plus extra to serve

1½ x 125g packets vanilla wafers, plus extra chopped to serve

300ml thickened cream, whipped

2 x 46g Picnic bars, sliced

Caramel Sauce

1 cup caster sugar

100g butter, softened

½ cup thickened cream

1 Make Caramel Sauce Place sugar and ¾ cup water in a saucepan over medium

heat. Stir, without boiling, for 5 minutes or until sugar has dissolved. Increase heat to high. Bring to the boil. Boil, without stirring, for 8 to 10 minutes or until dark golden. Remove from heat. Carefully add butter (mixture will bubble and increase in size). Stir until melted. Add cream. Mix well. Set aside to cool completely.

2 Grease a 7cm-deep, 9cm x 25.5cm loaf pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

3 Place salted caramel ice-cream in a bowl. Place chocolate ice-cream in a separate bowl. Set aside for 10 minutes to soften (ice-creams should not be melted). Fold brittle into salted caramel ice-cream. Spoon ice-creams, alternating, into prepared pan, drizzling with 1½ tablespoons caramel sauce between layers, and spreading gently to slightly marble ice-creams and sauce. Level top with a spoon.

Working quickly, arrange 18 wafers on top of ice-cream, trimming to fit, if necessary. Cover with plastic wrap. Freeze overnight. Cover caramel sauce with plastic wrap. Refrigerate.

4 Stand ice-cream cake at room temperature for 5 minutes. Turn onto a serving plate. Top with whipped cream, Picnic, and extra wafer and peanut brittle. Drizzle with remaining caramel sauce (see note). Serve immediately.

NUTRITION: (per serve) 3055kJ; 43.6g fat; 27.1g sat fat; 8.8g protein; 78g carbs; 0.8g fibre; 101mg chol; 312mg sodium. ■

Cook's note:

If the sauce is too thick, simply add a little hot water, 1 teaspoon at a time, until mixture reaches desired thickness.

SALTED CARAMEL CRUNCH ICE-CREAM CAKE

THE INFO

+ GREAT FOR KIDS
+ MAKE AHEAD

\$1.95
PER SERVE



GIVE A LITTLE

... or a lot with these budget-friendly, heartwarming home-baked goodies. Take whole as a thank you to hosts or divide into pretty packages to share around

FROSTED GINGERBREAD SLAB

THE INFO

+ GIFT
+ GREAT FOR KIDS
+ SUPER EASY

\$0.20
PER SERVE



FROSTED GINGERBREAD SLAB

SERVES 35

PREP 20 MINUTES (PLUS 30 MINUTES
STANDING AND COOLING)

COOK 30 MINUTES

125g butter, chopped

1 cup dark brown sugar

½ cup treacle

1 teaspoon bicarbonate of soda

1 egg, lightly beaten

2 cups plain flour

1 tablespoon ground ginger

1 teaspoon ground allspice

Christmas sprinkles,
to decorate

Lemon Frosting

4 cups icing sugar mixture

100g butter, softened

2 tablespoons milk

2 tablespoons lemon juice

1 Place butter, sugar and treacle in a saucepan over medium-low heat. Cook, stirring occasionally, for 5 minutes or until mixture is melted and smooth. Bring to the boil. Remove from heat. Stir in bicarbonate of soda. Stand for 10 minutes to cool.

2 Preheat oven to 180°C/160°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.

3 Transfer treacle mixture to a large heatproof bowl. Add egg. Stir to combine. Sift over flour, ginger and allspice. Stir until well combined. Spoon mixture into prepared pan, spreading evenly. Bake for 20 to 25 minutes or until just firm to touch. Cool completely in pan.

4 **Make Lemon Frosting** Sift icing sugar into a large bowl. Add butter, milk and lemon juice. Beat with a wooden spoon for 1 minute or until mixture is thick and creamy. Spread frosting over cold slice. Decorate with sprinkles. Stand for 20 minutes to allow icing to firm up slightly. Cut into squares. Serve.

NUTRITION: (per serve) 733kJ; 5.5g fat; 3.5g sat fat; 1.2g protein; 31.1g carbs; 0.4g fibre; 18mg chol; 97mg sodium.



SOUR CHERRY
AND HAZELNUT
PANFORTE SLAB

THE INFO

+ GIFT
+ SUPER EASY

\$0.59
PER SERVE



SOUR CHERRY AND HAZELNUT PANFORTE SLAB

SERVES 48

PREP 25 MINUTES (PLUS COOLING AND
STANDING) **COOK** 1 HOUR 30 MINUTES

- 1½ cups natural almonds
- 110g packet skinless hazelnuts
- 80g packet pistachio kernels
- 1 cup CSR Golden Syrup
- 1 cup CSR Caster Sugar
- ½ cup fruit mince
- 200g block dark chocolate, chopped
- 1 cup dried apricots, chopped
- 1 cup dried sour cherries
- 1½ cups plain flour
- 2 tablespoons Dutch-processed cocoa
- 2 teaspoons mixed spice

- 1 Preheat oven to 170°C/150°C fan-forced.
- Line a baking tray with baking paper.

Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.

2 Place nuts on prepared tray. Bake for 10 to 12 minutes or until toasted. Stand for 30 minutes to cool. Reserve 2 tablespoons.

3 Place golden syrup, sugar, fruit mince, ½ the chocolate, ¾ cup apricots and ¾ cup cherries in a saucepan over medium-low heat. Cook, stirring occasionally, for 5 minutes or until chocolate is melted and smooth. Bring to the boil. Remove from heat. Transfer to a large heatproof bowl.

4 Add nuts to chocolate mixture. Sift over flour, cocoa and mixed spice. Stir until well combined. Pour mixture into prepared pan, spreading evenly. Bake for 1 hour 10 minutes or until top is just firm to touch in the centre. Cool completely in pan.

5 Place remaining chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 minute or until melted and smooth.

Drizzle chocolate over panforte. Roughly chop reserved nuts and remaining cherries. Sprinkle panforte with nuts, cherries and remaining apricots. Stand for 30 minutes or until chocolate has set. Cut into pieces. Serve.

NUTRITION: (per serve) 644kJ; 5.7g fat; 1.1g sat fat; 2.5g protein; 22.5g carbs; 1.7g fibre; 0mg chol; 18mg sodium. >

SFI recommends:

Made from fine, uniform crystals, CSR Caster Sugar dissolves and caramelises evenly, making it perfect for cooking and baking.



PISTACHIO AND
POMEGRANATE
ROCKY ROAD SLAB

THE INFO

+ CLASSIC UPDATE
+ SUPER EASY

\$1.97
PER SERVE



PISTACHIO AND POMEGRANATE
ROCKY ROAD SLAB

SERVES 24

PREP 25 MINUTES (PLUS COOLING AND
REFRIGERATION) COOK 15 MINUTES

- 1 cup raw cashews
- 80g packet pistachio kernels
- 3 x 200g blocks milk chocolate, chopped
- 3 x 200g blocks dark chocolate, chopped
- 2 x 280g packets marshmallows (see notes)
- ¼ cup desiccated coconut
- ¾ cup freeze-dried pomegranate seeds
- 2 x 10g packets freeze-dried strawberries
(see notes)

1 Preheat oven to 180°C/160°C fan-forced. Line a baking tray with baking paper. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.

2 Place nuts on prepared tray. Bake for 6 to 8 minutes or until toasted. Stand for 30 minutes to cool. Roughly chop. Reserve 2 tablespoons.

3 Place ½ the milk and ½ the dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 minute 30 seconds or until melted and smooth.

4 Place the marshmallows in a large bowl. Add nuts, coconut, ½ cup pomegranate seeds and ¾ of the strawberries. Pour over melted chocolate. Stir until mixture is well coated. Spoon into prepared pan, pressing with the back of a spoon to level.

5 Place remaining milk and dark chocolates in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 minute 30 seconds or until melted and smooth. Pour over mixture in pan. Tap pan on bench to remove air bubbles. Sprinkle with remaining seeds, strawberries and reserved nuts. Refrigerate for 4 hours or until firm.

6 Remove rocky road from fridge. Stand for 30 minutes. Using a hot knife, cut into pieces. Serve.

NUTRITION: (per serve) 1564kJ; 19.6g fat; 10.1g sat fat; 5g protein; 45.2g carbs; 2g fibre; 5mg chol; 25mg sodium.

Cook's notes:

- + We only used the white marshmallows.
- + You can find freeze-dried fruit in the canned fruit aisle of major supermarkets.

RASPBERRY AND TURKISH DELIGHT COCONUT ICE SLAB

SERVES 35

PREP 30 MINUTES

(PLUS 4 HOURS REFRIGERATION)

4 cups pure icing sugar

½ teaspoon cream of tartar

7½ cups desiccated coconut

1 teaspoon rosewater essence

2 x 395g cans sweetened condensed milk

1 cup frozen raspberries, thawed, mashed

Pink food colouring

2 tablespoons dried edible rose petals, optional (see note)

1 Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.

2 Sift ½ the icing sugar and ½ the cream of tartar into a large bowl. Add 3½ cups coconut. Stir to combine. Add the rosewater essence and ½ the condensed milk. Stir until well combined. Spoon mixture into prepared pan. Using the back of a spoon, spread mixture evenly and press lightly to compact. Refrigerate.

3 Sift remaining icing sugar and cream of tartar into a bowl. Add remaining coconut. Stir to combine. Add remaining condensed milk and raspberry. Stir until well combined.

Using food colouring, tint mixture pink. Spoon over white coconut mixture in pan. Using the back of a spoon, spread mixture evenly and press lightly to compact. Sprinkle with rose petals, if using. Refrigerate for 3 to 4 hours or until firm. Cut into squares. Serve.

NUTRITION: (per serve) 1216kJ; 14.7g fat; 12.5g sat fat; 3.2g protein; 36.9g carbs; 3.2g fibre; 7mg chol; 23mg sodium. >

Cook's note:

Dried edible rose petals are available from speciality food stores and cake decorating suppliers.

RASPBERRY AND
TURKISH DELIGHT
COCONUT ICE SLAB

THE INFO

+ CLASSIC UPDATE
+ GIFT
+ NO COOK

\$0.40
PER SERVE



WHITE CHOCOLATE AND CANDY CANE FUDGE SLAB

SERVES 60

PREP 15 MINUTES (PLUS 4 HOURS REFRIGERATION) **COOK** 35 MINUTES

2 x 395g cans sweetened condensed milk
1½ cups caster sugar
⅓ cup glucose syrup
250g butter, chopped
2 x 180g blocks white chocolate, chopped
12 mini candy canes, crushed, plus extra candy canes to decorate
2 teaspoons mini silver cachous

1 Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 5cm above edges of pan on all sides.
2 Place milk, sugar, syrup and butter in a large heavy-based saucepan over low heat. Cook, stirring constantly, for 25 minutes or until mixture is smooth and sugar has dissolved.
3 Increase heat to medium-low. Cook, stirring constantly, for 10 minutes or until mixture has thickened. Add chocolate. Stir until melted and smooth. Working quickly, pour mixture into prepared pan. Tap pan on bench to level fudge and remove any air bubbles. Sprinkle with crushed candy cane and cachous. Decorate with extra candy canes, pushing gently into fudge to secure. Refrigerate for 3 to 4 hours or until firm.

4 Cut fudge into squares. Serve.

NUTRITION: (per serve) 561kJ; 6.6g fat; 4.3g sat fat; 1.6g protein; 18.3g carbs; 0g fibre; 12mg chol; 54mg sodium. ■

WHITE CHOCOLATE
AND CANDY CANE
FUDGE SLAB

THE INFO

+ GIFT
+ GREAT FOR KIDS
+ SUPER EASY

\$0.31
PER SERVE



NEW SERIES

LOVE IT OR LIST IT

AUSTRALIA

WED 8:30^{AE}_{ST}



foxtel



STICK IT TO 'EM

Impress guests over the summer entertaining season or just liven up your midweek meal repertoire with these tasty Balinese-style beef skewers made with ABC Sweet Soy Sauce Kecap Manis

BALINESE BEEF SKEWERS

SERVES 4

PREP 20 MINUTES

(+2 HOURS MARINATING TIME)

COOK 5 MINUTES

3 teaspoons coriander seeds

2 teaspoons cumin seeds

2 tablespoons brown sugar

2 tablespoons fresh lemon juice

1 tablespoon peanut oil

800g beef fillet, sliced into
1cm-thick strips

Small bamboo skewers, soaked

2 tablespoons ABC Sweet Soy Sauce
Kecap Manis

Banana leaf, to serve (optional)

Satay sauce and lime wedges, to serve

1 Place coriander and cumin in a mortar. Pound with a pestle to a coarse powder. Transfer to a glass bowl. Add sugar, juice and oil. Season with black pepper. Add beef and stir to coat. Cover and marinate in the fridge for 2 hours.

2 Thread beef onto the skewers. Add the kecap manis to the remaining marinade.

3 Preheat a barbecue grill or chargrill pan on high. Cook skewers, brushing with marinade and turning, for 5 minutes or until cooked to your liking. Place on a plate lined with a banana leaf. Set aside for 5 minutes to rest. Serve with satay sauce and lime wedges.

GET SAUCY

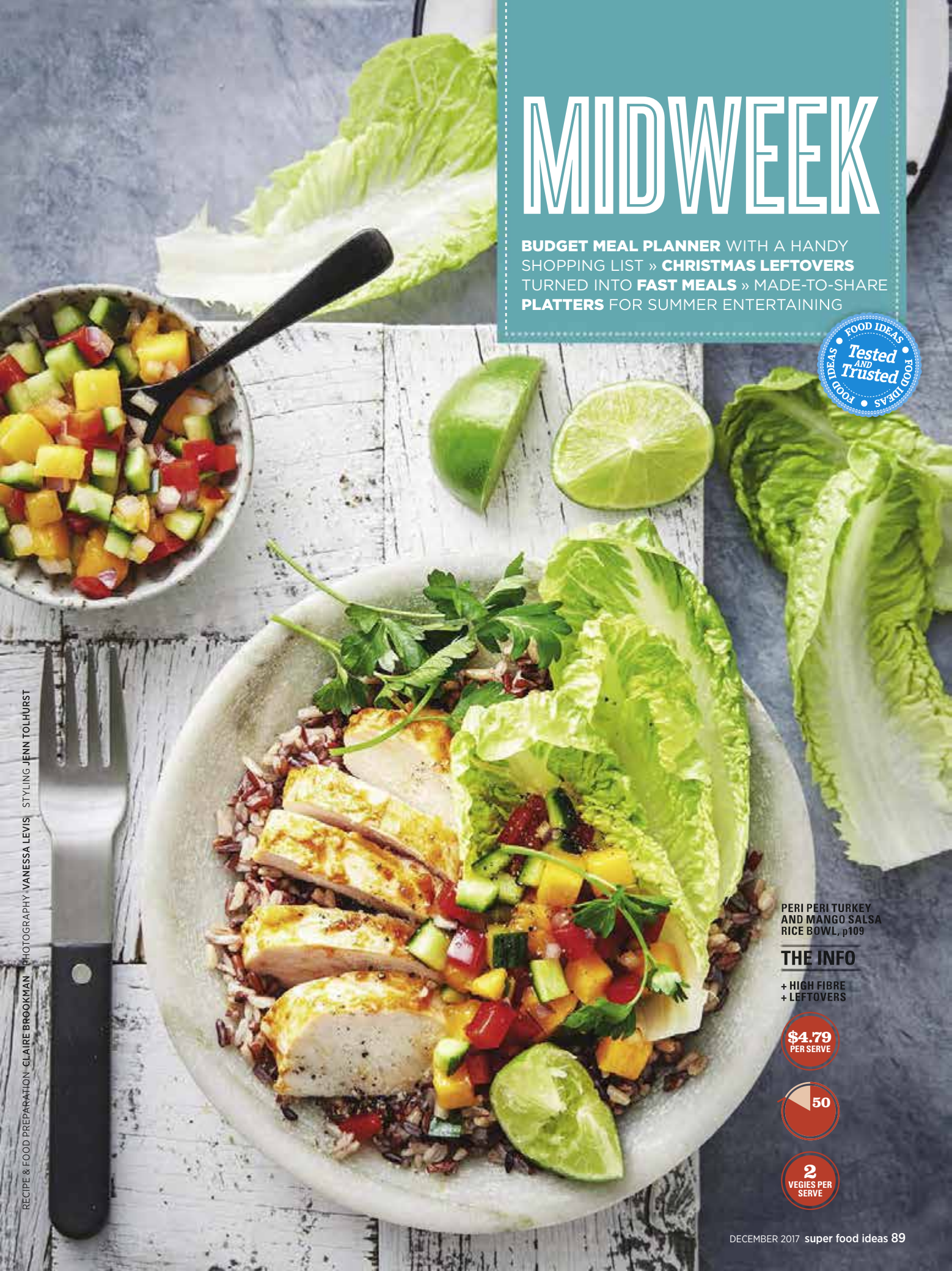
Kecap manis is a syrupy, aromatic sauce that's an Indonesian staple. Use ABC Sweet Soy Sauce Kecap Manis to add flavour to a range of savoury dishes. It's available at your local supermarket.

• For information and recipes, visit asianinspirations.com.au/exploreindonesia



MIDWEEK

BUDGET MEAL PLANNER WITH A HANDY SHOPPING LIST » **CHRISTMAS LEFTOVERS** TURNED INTO **FAST MEALS** » **MADE-TO-SHARE PLATTERS** FOR SUMMER ENTERTAINING



PERI PERI TURKEY
AND MANGO SALSA
RICE BOWL, p109

THE INFO

+ HIGH FIBRE
+ LEFTOVERS

\$4.79
PER SERVE

50

2
VEGIES PER
SERVE



MEAL PLANNER FIVE DAYS FOR \$50



5-DAY BUDGET

MEAL PLANNER

EAT ALL WEEK FOR LESS THAN \$50



Kim says: It's the most wonderful time of the year and the most expensive! Our budget meal planner feeds the family while leaving plenty of money for the Christmas wish list

Breakfast

Fruit crumble for breakfast? These kick-starters may not be conventional, but they're certainly delicious

STRAWBERRY
OAT CRISP

THE INFO

+ HIGH FIBRE
+ LOWER SODIUM
+ MAKE AHEAD

\$4.03
PER SERVE

STRAWBERRY OAT CRISP

SERVES 4

PREP 15 MINUTES (PLUS
OVERNIGHT REFRIGERATION)

COOK 35 MINUTES

*YOU'LL NEED TO START THIS
RECIPE 1 DAY AHEAD.*

**750g strawberries, hulled,
thickly sliced**

1½ tablespoons cornflour

½ cup maple syrup

1½ cups traditional rolled oats

⅓ cup plain flour

½ cup chopped almond kernels

Pinch of salt

60g butter, melted

200g tub natural yoghurt

1 Preheat oven to 200°C/180°C fan-forced.

2 Place strawberry, cornflour and 2 tablespoons maple syrup in a bowl. Stir to combine. Transfer to a 19cm x 27cm (base) baking dish.

3 Place oats, flour, almonds and salt in a bowl. Stir to combine. Stir in butter and remaining maple syrup. Crumble oat mixture over strawberry mixture. Bake for 30 to 35 minutes or until golden and crisp.

4 Cool to room temperature. Cover. Refrigerate overnight. Serve with yoghurt.

NUTRITION: (per serve) 2341kJ; 26.3g fat; 10.4g sat fat; 12.8g protein; 64g carbs; 9.4g fibre; 33mg chol; 208mg sodium.

SCRAMBLED EGG, HAM AND RELISH CROISSANTS

SERVES 4

PREP 10 MINUTES

COOK 10 MINUTES

- 4 large croissants
- 6 eggs
- ½ cup milk
- 2 tablespoons finely chopped fresh chives
- 1 tablespoon fresh thyme leaves
- 20g butter
- ½ cup tomato relish
- 1 avocado, thinly sliced
- 150g shaved ham

1 Preheat oven to 180°C/160°C fan-forced. Place croissants on a baking tray. Heat for 5 to 7 minutes or until warmed through and slightly crisp.

2 Meanwhile, whisk eggs, milk, chives and thyme in a large bowl. Season with salt and pepper.

3 Melt butter in a large, non-stick frying pan over medium heat until it starts to sizzle. Pour egg mixture into pan. Stir gently with a wooden spoon, tilting pan to allow uncooked egg to touch the base of pan, for 2 minutes or until eggs are just set. Remove pan from heat.

4 Split croissants in half lengthways. Spread with relish. Top with avocado, ham and scrambled eggs. Serve.

NUTRITION: (per serve) 2494kJ; 39.3g fat; 16.7g sat fat; 25.5g protein; 33.4g carbs; 5.5g fibre; 416mg chol; 1135mg sodium.

PAPAYA BREAKFAST BOWLS

SERVES 4

PREP 10 MINUTES

- 2 small (650g each) ripe papaya, halved
- 2 x 170g tubs coconut yoghurt
- 2 teaspoons finely grated lime rind
- 2 tablespoons lime juice
- ½ cup coconut flakes, toasted
- 1 mango, thinly sliced
- 1 tablespoon pepitas, toasted
- 2 teaspoons black chia seeds

1 Trim the base of each papaya half so that they sit flat. Scoop seeds from papaya halves and discard.

2 Combine yoghurt, lime rind and juice in a small bowl. Spoon yoghurt into papaya halves. Arrange coconut flakes, mango and pepitas over yoghurt. Sprinkle with chia seeds. Serve.

NUTRITION: (per serve) 917kJ; 12.7g fat; 9.9g sat fat; 3.6g protein; 20.8g carbs; 6g fibre; 0mg chol; 65mg sodium. >

PAPAYA BREAKFAST BOWLS

THE INFO

+ GLUTEN FREE
+ HIGH FIBRE
+ LOWER SODIUM
+ SUPER FAST

\$4.04
PER SERVE

SCRAMBLED EGG, HAM AND RELISH CROISSANTS

THE INFO

\$4.12
PER SERVE

20

Lunch

From a super-charged rice salad to a Middle Eastern-inspired bento box, these weekday lunches are anything but bland

CURRIED CHICKEN AND MANGO PASTA SALAD

THE INFO

CLASSIC UPDATE
LOWER SODIUM

\$2.57
PER SERVE

25



CURRIED CHICKEN AND MANGO PASTA SALAD

SERVES 4

PREP 15 MINUTES

COOK 10 MINUTES

- 250g dried large spiral pasta
- ½ cup whole-egg mayonnaise
- 1 teaspoon mild curry powder
- 1 tablespoon apple cider vinegar
- 2 cups shredded cooked chicken
- 1 large celery stalk, thinly sliced
- 1 Lebanese cucumber, halved lengthways, thinly sliced
- 1 large mango, cut into 2cm cubes
- ¼ cup chopped fresh flat-leaf parsley leaves

- 1 Cook pasta following packet directions until tender. Drain. Refresh under cold water. Drain. Transfer to a large bowl.
- 2 Meanwhile, place mayonnaise, curry powder and vinegar in a bowl. Stir to combine.
- 3 Add chicken, celery, cucumber and ⅔ of the mango to pasta. Add dressing. Season with salt and pepper. Toss to combine. Transfer to serving bowls. Top with parsley and remaining mango.

NUTRITION: (per serve) 2565kJ; 28.3g fat; 4.1g sat fat; 30.4g protein; 56.5g carbs; 4.4g fibre; 65mg chol; 272mg sodium.

Dressing

- ⅓ cup fresh basil leaves
- ⅓ cup fresh flat-leaf parsley leaves
- ⅓ cup chopped fresh chives
- 1 garlic clove, halved
- 2 drained anchovy fillets
- 2 teaspoons finely grated lemon rind
- 2 tablespoons lemon juice
- ½ cup whole-egg mayonnaise

- 1 **Make Dressing Process** basil, parsley, chives, garlic, anchovies, lemon rind and juice in a small food processor until finely chopped. Add mayonnaise. Process until well combined. Season with pepper.
 - 2 Place rice, salad leaves, capsicum, avocado, sprouts and ham in a large bowl. Toss to combine. Transfer to serving bowls. Serve with dressing.
- NUTRITION:** (per serve) 2170kJ; 36.5g fat; 6.3g sat fat; 12.9g protein; 31.8g carbs; 6.3g fibre; 31mg chol; 804mg sodium.

TURKEY, PEACH AND ROCKET ROLLS

SERVES 4

PREP 10 MINUTES

- 4 long crusty white bread rolls
- ½ cup balsamic beetroot relish
- 30g baby rocket
- 80g shaved jarlsberg cheese
- 150g shaved roast turkey breast
- 2 peaches, thinly sliced

- 1 Cut a slit into the side of each roll, being carefully not to cut the whole way through. Spread rolls with beetroot relish.
- 2 Arrange rocket, cheese, turkey and peach in bread rolls. Season with salt and pepper. Serve.

NUTRITION: (per serve) 1642kJ; 9.1g fat; 4.5g sat fat; 18.1g protein; 55.4g carbs; 4.2g fibre; 34mg chol; 947mg sodium.

SUPER GREEN RICE SALAD

THE INFO

+ HIGH FIBRE
+ SUPER FAST

\$4.26
PER SERVE

20

2.5
VEGIES PER SERVE

TURKEY, PEACH AND ROCKET ROLLS

THE INFO

+ LOWER SODIUM
+ NO COOK
+ SUPER EASY

\$3.36
PER SERVE



SUPER GREEN RICE SALAD

SERVES 4

PREP 20 MINUTES

- 2 cups cold cooked brown medium-grain rice (see notes)
- 100g baby salad leaves
- 1 green capsicum, thinly sliced
- 1 avocado, roughly chopped
- 50g snow pea sprouts, trimmed
- 150g shaved ham

FALAFEL AND DIP BENTO BOX

SERVES 4

PREP 30 MINUTES (PLUS COOLING) **COOK** 30 MINUTES
YOU'LL NEED A 7CM ROUND CUTTER FOR THIS RECIPE.

- 4 wholegrain wraps
- 2 tablespoons extra virgin olive oil
- 1 teaspoon ground coriander
- 1 teaspoon sesame seeds
- 225g packet sesame falafel
- 1 Lebanese cucumber, cut into sticks
- 1 carrot, cut into sticks
- 1 large celery stalk, cut into sticks
- 1 cup sour cream and chive crackers (optional) and 1 cup mini pretzels (optional), to serve

Pumpkin Cashew Dip

- 500g Kent pumpkin, peeled, cut into 3cm pieces
- 2 tablespoons extra virgin olive oil
- $\frac{2}{3}$ cup roasted unsalted cashews
- 1 teaspoon smoked paprika
- 200g tub natural yoghurt
- 1 tablespoon chopped fresh coriander leaves

1 Make Pumpkin Cashew Dip

Preheat oven to 200°C /180°C fan-forced. Place pumpkin on a baking tray lined with baking paper. Drizzle with $\frac{1}{2}$ the oil. Season. Toss to combine. Bake for 25 minutes or until pumpkin is tender. Cool for 10 minutes.

2 Meanwhile, line 2 large baking trays with baking paper. Using a 7cm round cutter, cut 32 rounds from wraps. Place rounds, in a single layer, on trays. Combine oil and ground coriander in a jug. Brush over rounds. Sprinkle with sesame seeds. Season. Bake for 5 minutes or until golden. Transfer to a wire rack to cool.

3 Process $\frac{1}{2}$ cup cashews in a food processor until coarsely chopped. Add paprika, pumpkin, yoghurt and remaining oil. Season with salt and pepper. Process until just combined. Stir in fresh coriander (see notes).

4 Heat falafel following packet directions. Place falafel, dip, vegetables, sesame rounds, crackers and pretzels, if using, and remaining cashews in a lunchbox. Serve.

NUTRITION: (per serve) 3797kJ; 53.9g fat; 9g sat fat; 20.7g protein; 80.1g carbs; 8.5g fibre; 15mg chol; 1689mg sodium.

ROAST CARROT AND HALOUMI TACOS

SERVES 4

PREP 20 MINUTES
COOK 20 MINUTES

- 1 red capsicum, thinly sliced
- 1 large red onion, cut into thin wedges
- 4 carrots, peeled into ribbons
- $1\frac{1}{2}$ tablespoons extra virgin olive oil
- 3 teaspoons ground coriander
- 8 taco shells
- 100g haloumi, thinly sliced
- 200g tub natural yoghurt
- 1 teaspoon grated lime rind
- 1 tablespoon lime juice
- $\frac{1}{2}$ cup shredded iceberg lettuce
- $\frac{1}{2}$ cup fresh coriander sprigs
- 1 lime, cut into wedges, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Place capsicum, onion and carrot on prepared tray. Drizzle with 1 tablespoon oil. Sprinkle with 2 teaspoons ground coriander. Toss to coat. Bake for 20 minutes or until golden and tender.

2 Meanwhile, heat taco shells following packet directions.

3 Heat remaining oil in a frying pan over medium-high heat. Cook haloumi, turning, for 2 minutes or until golden.

4 Combine yoghurt, lime rind and juice, and remaining ground coriander in a bowl.

5 Fill tacos with lettuce, carrot mixture, coriander and haloumi. Serve with yoghurt and lime.

NUTRITION: (per serve) 1467kJ; 18.5g fat; 7.1g sat fat; 13.1g protein; 26.7g carbs; 10.6g fibre; 21mg chol; 843mg sodium. ➤

Cook's notes:

+ FOR THE SUPER GREEN RICE

SALAD: You'll need $\frac{2}{3}$ cup uncooked rice. Cook rice following packet directions.

Cool slightly. Transfer to an airtight container. Refrigerate for up to 3 days. You could also use microwave rice.

+ FOR THE FALAFEL AND DIP BENTO BOX: Dip can be made up to 3 days ahead. Store in an airtight container in the fridge.

FALAFEL AND DIP BENTO BOX

THE INFO

+ HIGH FIBRE
+ VEGETARIAN

\$3.93
PER SERVE

2
VEGIES PER SERVE



ROAST CARROT AND HALOUMI TACOS

THE INFO

+ HIGH FIBRE
+ GREAT FOR KIDS
+ VEGETARIAN

\$3.30
PER SERVE

40

3.5
VEGIES PER SERVE



Dinner

Meat and three veg gets two brand-new looks courtesy of these easy dinners. They're also both ready in under an hour

CHARRED CAJUN
CHICKEN WITH
RAW BROCCOLI
SALAD

THE INFO

+ GLUTEN FREE
+ LOWER SODIUM

\$2.31
PER SERVE

35



CHARRED CAJUN CHICKEN WITH RAW BROCCOLI SALAD

SERVES 4

PREP 15 MINUTES

COOK 20 MINUTES

4 large skinless chicken
thigh cutlets

1½ tablespoons gluten-free
Cajun seasoning

¼ cup extra virgin
olive oil

300g broccoli, cut into small
florets, stem peeled

1 carrot, coarsely grated

½ small red onion,
thinly sliced

¼ cup lemon juice

1 tablespoon drained
baby capers

1 lemon, cut into wedges,
to serve

1 Score each chicken thigh
3 times. Place chicken on a
plate. Sprinkle with seasoning
and drizzle with 1 tablespoon
oil. Rub to coat.

2 Heat a chargrill pan or
barbecue grill on medium

heat. Cook chicken, turning,
for 15 to 20 minutes or until
cooked through.

3 Meanwhile, chop broccoli
florets into small pieces. Grate
broccoli stem. Place in a large
bowl with carrot, onion, lemon
juice, capers and remaining oil.
Season with salt and pepper.
Toss to combine. Serve chicken
with salad and lemon wedges.

NUTRITION: (per serve) 1780kJ;
26g fat; 6.4g sat fat; 40.3g protein;
4.5g carbs; 6.2g fibre; 154mg chol;
396mg sodium.



HAM SKEWERS WITH RICE AND PECAN SALAD

SERVES 4

PREP 30 MINUTES

COOK 25 MINUTES

YOU'LL NEED 8 PRE-SOAKED BAMBOO SKEWERS OR METAL SKEWERS.

- ¼ cup tomato sauce
- 1 tablespoon salt-reduced soy sauce
- ¼ cup brown sugar
- ¼ cup pineapple juice
- 1 tablespoon white vinegar
- ¼ small pineapple, peeled, cored, cut into 3cm pieces
- 1 green capsicum, cut into 3cm pieces
- 1 large red onion, cut into 3cm pieces

- 400g ham steaks, cut into 3cm pieces (see note)
- 450g packet 2½ minute microwave brown rice
- ⅔ cup pecans, chopped
- 1 large celery stalk, thinly sliced
- ½ cup chopped fresh flat-leaf parsley leaves, plus extra sprigs to serve
- 2 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil

1 Combine tomato sauce, soy sauce, sugar, juice and vinegar in a small saucepan over medium heat. Cook, stirring, for 3 to 4 minutes or until sugar has dissolved.

Bring to a simmer. Simmer for 5 minutes or until thickened slightly. Set aside.

2 Thread pineapple, capsicum, onion and ham, alternating, onto 8 skewers. Heat a chargrill pan or barbecue grill on medium heat. Cook skewers, basting with sauce mixture, for 15 minutes or until browned and vegetables are tender.

3 Meanwhile, heat rice following packet directions. Transfer to a large bowl. Add pecans, celery, parsley, lemon juice and oil. Season with salt and pepper. Toss to combine.

4 Serve skewers with rice and pecan salad, sprinkled with extra parsley.

NUTRITION: (per serve)
3602kJ; 31.5g fat; 31.5g sat fat;
27.1g protein; 112.1g carbs;
9g fibre; 35mg chol;
1544mg sodium.

Cook's note:

If you can't find ham steaks, ask your deli or butcher to cut you a 2cm-thick piece of ham off the bone.

HAM SKEWERS
WITH RICE AND
PECAN SALAD

THE INFO

+ GREAT FOR KIDS
+ HIGH FIBRE

\$4.01
PER SERVE

55



Dinner

Whether it's sweet or spicy, rice or noodles, beef or lamb, these Asian dinners will have everyone grabbing their chopsticks

INDONESIAN STICKY MINCE AND RICE

SERVES 4

PREP 10 MINUTES

COOK 15 MINUTES

2 tablespoons vegetable oil
500g lean beef mince
3 garlic cloves, thinly sliced
1 long fresh red chilli,
finely chopped
1 bunch baby pak choy,
finely shredded
300g packet finely shredded
coleslaw mix
2 cups cold cooked white
long-grain rice (see note)

1 tablespoon fish sauce
¼ cup kecap manis
1 tablespoon lime juice
½ cup fresh Thai basil leaves,
torn if large
4 eggs

1 Heat ½ the vegetable oil in a large frying pan or wok over high heat. Add mince. Cook, breaking up lumps with a wooden spoon, for 6 to 8 minutes or until browned. Add garlic and ½ the chilli. Cook, stirring, for 1 minute or until fragrant.

2 Add pak choy and coleslaw. Cook, stirring, for 2 minutes. Add rice. Cook, stirring, for 2 minutes or until heated through. Add fish sauce and kecap manis. Cook, stirring, for 1 minute or until heated through. Remove from heat. Stir in lime juice and basil.
3 Meanwhile, heat remaining oil in a frying pan over high heat. Fry eggs for 2 to 3 minutes or until cooked to your liking. Divide rice mixture among serving dishes. Top each with an egg and remaining chilli. Serve.

NUTRITION: (per serve) 2319kJ; 25.1g fat; 7g sat fat; 40.6g protein; 38.4g carbs; 5.6g fibre; 344mg chol; 1039mg sodium.

Cook's note:

You'll need ⅔ cup uncooked rice. Cook following packet directions. Cool slightly. Transfer to an airtight container and refrigerate for up to 3 days. You could also use microwave rice.

INDONESIAN
STICKY MINCE
AND RICE

THE INFO

+ ASIAN

\$4.67
PER SERVE

25



LAMB AND CORIANDER STIR-FRY WITH CHILLI GINGER CHIPS

SERVES 4

PREP 20 MINUTES

COOK 20 MINUTES

500g lamb leg steaks, trimmed, thinly sliced

2 garlic cloves, crushed

2 tablespoons salt-reduced soy sauce

2 teaspoons ground coriander

450g fresh thin hokkien noodles

2 tablespoons vegetable oil

4cm piece fresh ginger, thinly sliced

1 long red chilli, sliced

1 large red onion, cut into thin wedges

1 large carrot, thinly sliced

150g green beans, halved diagonally

¼ cup oyster sauce

½ cup fresh coriander sprigs

1 Place lamb, garlic, soy sauce and ground coriander in a bowl. Toss to coat. Stand for 10 minutes.

2 Meanwhile, cook noodles following packet directions. Drain, separating noodles with a fork.

3 Heat ½ the oil in a wok over high heat. Cook ginger and chilli for 30 seconds or until ginger is golden and crisp. Transfer to a plate lined with paper towel.

4 Drain lamb from marinade, reserving marinade. Stir-fry lamb for 2 to 3 minutes or until browned. Transfer to a heatproof bowl. Cover to keep warm.

5 Carefully wipe wok clean, if needed. Heat remaining oil in wok over high heat. Add onion and carrot. Stir-fry for 2 minutes. Add beans and ¼ cup water. Stir-fry for 2 minutes or until almost tender.

6 Return beef and resting juices to wok with reserved marinade and oyster sauce. Stir-fry for 2 minutes or until sauce boils. Add noodles. Toss to combine and heat through. Sprinkle with ginger and chilli, and coriander sprigs. Serve.

NUTRITION: (per serve) 2089kJ; 18g fat; 4.1g sat fat; 37.9g protein; 41.6g carbs; 8.4g fibre; 87mg chol; 1431mg sodium. >

LAMB AND CORIANDER STIR-FRY WITH CHILLI GINGER CHIPS

THE INFO

+ ASIAN
+ HIGH FIBRE
+ LOW SAT FAT

\$5.18
PER SERVE

40

2

VEGIES PER SERVE



Dinner

Fish patties are an Aussie dinner favourite and this version, with a sweet pea and fetta salad, shows why

SALMON AND POTATO PATTIES WITH HERBED PEA SALAD

SERVES 4

PREP 30 MINUTES (PLUS REFRIGERATION AND COOLING)

COOK 35 MINUTES

400g red-skinned potatoes, peeled, roughly chopped
415g can pink salmon, drained
¼ cup finely chopped gherkins
2 green onions, thinly sliced
1 egg
½ cup dried breadcrumbs
2 tablespoons chopped fresh dill
¼ cup extra virgin olive oil
1 cup frozen peas
100g baby salad leaves

¼ cup roughly chopped fresh flat-leaf parsley leaves
1 tablespoon lemon rind
2 tablespoons lemon juice
100g fetta, crumbled
1 lemon, cut into wedges, to serve

1 Place the potato in a large saucepan. Cover with cold water. Bring to the boil. Boil, uncovered, for 15 minutes or until tender. Drain. Transfer to a large bowl. Using a potato masher, mash potato. Season with salt and pepper. Cool for 10 minutes.
2 Remove and discard skin and bones from salmon. Flake.

3 Add salmon, gherkin, onion, egg, breadcrumbs and ½ the dill to potato. Mix to combine. Shape into 8 patties. Place on a large baking paper-lined baking tray. Refrigerate for 20 minutes, if time permits.

4 Heat 2 tablespoons oil in a large frying pan over medium-high heat. Cook patties, in 2 batches, for 4 minutes each side or until golden and heated through (see note).

5 Meanwhile, cook peas in a saucepan of boiling, salted water, for 1 minute or until tender. Drain. Refresh under cold water. Drain. Transfer to a bowl.

6 Add salad leaves, parsley, lemon rind and juice, fetta, and remaining dill and oil to peas. Toss to combine. Season with salt and pepper. Serve patties with pea salad and lemon wedges.

NUTRITION: (per serve) 1972kJ; 26.8g fat; 7.5g sat fat; 27.1g protein; 26.8g carbs; 5.2g fibre; 134mg chol; 860mg sodium. ■

Cook's note:

The patties can be made up to 2 days ahead. Store in an airtight container in the fridge.

SALMON AND POTATO PATTIES WITH HERBED PEA SALAD

THE INFO

+ GREAT FOR KIDS

\$3.57
PER SERVE



What you need

Tight budget? Check what you have then head to the shops

PANTRY

- ☐ 2½ minute microwave brown rice (450g packet)
- ☐ Almond kernels (½ cup chopped)
- ☐ Anchovy fillets (2)
- ☐ Baby capers (1 tablespoon)
- ☐ Black chia seeds (2 teaspoons)
- ☐ Brown sugar (¼ cup)
- ☐ Coconut flakes (½ cup)
- ☐ Cornflour (1½ tablespoons)
- ☐ Dried breadcrumbs (½ cup)
- ☐ Dried large spiral pasta (250g)
- ☐ Extra virgin olive oil (270ml)
- ☐ Gherkins (¼ cup, finely chopped)
- ☐ Maple syrup (½ cup)
- ☐ Mini pretzels (1 cup)
- ☐ Pecans (⅔ cup)
- ☐ Pepitas (1 tablespoon)
- ☐ Pineapple juice (¼ cup)
- ☐ Pink salmon (415g can)
- ☐ Plain flour (50g)
- ☐ Roasted unsalted cashews (⅔ cup)
- ☐ Sesame seeds (1 teaspoon)
- ☐ Sour cream and chives crackers (1 cup)
- ☐ Taco shells (8)
- ☐ Traditional rolled oats (1½ cups)
- ☐ Uncooked brown medium-grain rice (⅔ cup)
- ☐ Uncooked white long-grain rice (⅔ cup)
- ☐ Vegetable oil (½ cup)

DRIED HERBS & SPICES

- ☐ Gluten-free Cajun seasoning (1½ tablespoons)
- ☐ Ground coriander (1½ tablespoons)
- ☐ Mild curry powder (1 teaspoon)
- ☐ Smoked paprika (1 teaspoon)

CONDIMENTS & SAUCES

- ☐ Apple cider vinegar (1 tablespoon)
- ☐ Balsamic beetroot relish (½ cup)
- ☐ Fish sauce (1 tablespoon)
- ☐ Kecap manis (¼ cup)
- ☐ Oyster sauce (¼ cup)
- ☐ Salt-reduced soy sauce (¼ cup)
- ☐ Tomato relish (½ cup)
- ☐ Tomato sauce (¼ cup)
- ☐ White vinegar (1 tablespoon)
- ☐ Whole-egg mayonnaise (1 cup)

FRESH FOOD

FRUIT

- ☐ Lemons (6)
- ☐ Limes (3)
- ☐ Mangoes (2)
- ☐ Papaya (2 small)
- ☐ Peaches (2)
- ☐ Pineapple (¼ small)
- ☐ Strawberries (750g)

VEGETABLES

- ☐ Avocados (2)
- ☐ Baby pak choy (1 bunch)
- ☐ Baby rocket (30g)
- ☐ Baby salad leaves (200g)
- ☐ Broccoli (300g)
- ☐ Carrots (7)
- ☐ Celery (3 large stalks)
- ☐ Finely shredded coleslaw mix (300g packet)
- ☐ Green beans (150g)
- ☐ Green capsicum (2)
- ☐ Green onions (2)
- ☐ Iceberg lettuce (¼ small)
- ☐ Kent pumpkin (500g)
- ☐ Lebanese cucumbers (2)
- ☐ Red capsicum (1)
- ☐ Red onions (3 large and ½ small)
- ☐ Red-skinned potatoes (400g)
- ☐ Snow pea sprouts (50g)

FRESH HERBS

- ☐ Basil (1 bunch)
- ☐ Chives (2 large bunches)
- ☐ Coriander (2 bunches)
- ☐ Dill (1 bunch)
- ☐ Flat-leaf parsley (2 bunches)
- ☐ Fresh ginger (4cm piece)
- ☐ Garlic (6 cloves)
- ☐ Long red chillies (2)
- ☐ Thai basil (1 bunch)
- ☐ Thyme (1 bunch)

BREAD

- ☐ Croissants (4 large)
- ☐ Crusty bread rolls (4 long)
- ☐ Wholegrain wraps (4)

MEAT

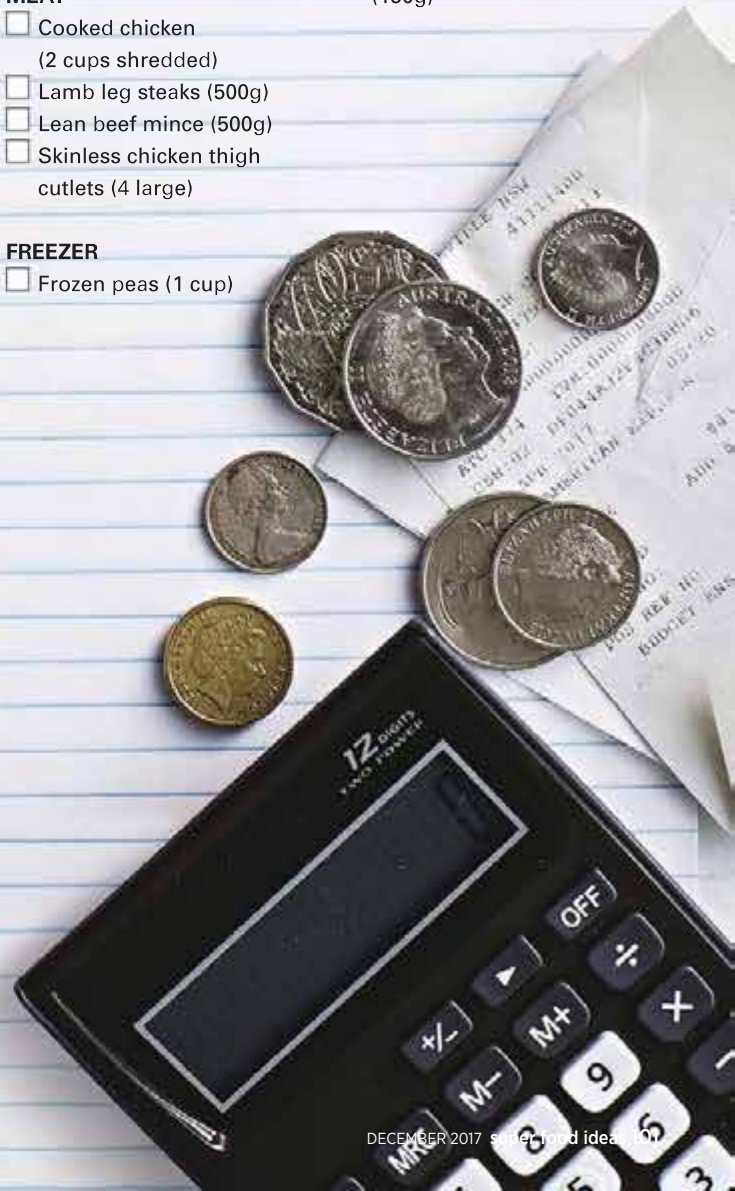
- ☐ Cooked chicken (2 cups shredded)
- ☐ Lamb leg steaks (500g)
- ☐ Lean beef mince (500g)
- ☐ Skinless chicken thigh cutlets (4 large)

FREEZER

- ☐ Frozen peas (1 cup)

DAIRY, DELI & CHILLED

- ☐ Butter (80g)
- ☐ Coconut yoghurt (2 x 170g tubs)
- ☐ Eggs (11)
- ☐ Fetta (100g)
- ☐ Fresh thin hokkien noodles (450g packet)
- ☐ Haloumi (100g)
- ☐ Ham steaks (400g)
- ☐ Milk (⅓ cup)
- ☐ Natural yoghurt (3 x 200g tubs)
- ☐ Sesame falafel (225g packet)
- ☐ Shaved ham (300g)
- ☐ Shaved jarlsberg (80g)
- ☐ Shaved roast turkey breast (150g)





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HAM AND PINEAPPLE
POKE BOWL, p108

THE INFO

- + GREAT FOR KIDS
- + HIGH FIBRE
- + LEFTOVERS
- + LOW SATURATED FAT

\$5.48
PER SERVE

2
VEGIES PER
SERVE



LEFTOVERS

MADE OVER



Claire says: Don't let that mountain of Christmas leftovers languish in the fridge feeling unloved – transform them into these easy midweek dinners





SPRING ROLL BOWL WITH CRISPY WONTONS

THE INFO

+ ASIAN
+ LEFTOVERS

\$5.02
PER SERVE

30

SPRING ROLL BOWL WITH CRISPY WONTONS

SERVES 4

PREP 15 MINUTES COOK 15 MINUTES

YOU'LL NEED A JULIENNE PEELER FOR THIS RECIPE.

500g piece cold leftover roast pork (see note)

1 tablespoon hoisin sauce

2 tablespoons plum sauce

1 tablespoon soy sauce

2 teaspoons rice wine vinegar

2 teaspoons sesame oil

450g packet jasmine microwave rice

Vegetable oil, for shallow frying

8 wonton wrappers, cut into quarters

1 carrot

125g can corn kernels, drained

100g snow peas, trimmed, shredded

½ cup bean sprouts, trimmed

3 green onions, thinly sliced

60g mixed salad leaves

Fresh coriander sprigs, to serve

1 Preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper.

Place pork on prepared tray. Brush with hoisin sauce. Bake for 15 minutes or until heated through.

2 Meanwhile, combine plum sauce, soy sauce, vinegar, sesame oil and 2 teaspoons water in a small bowl.

3 Microwave rice following packet directions.

4 Meanwhile, pour enough vegetable oil into a large frying pan to come 2cm up side of pan. Heat over medium-high heat. Cook wonton wrappers, in batches, for 1 minute each side or until golden. Transfer to paper towel to drain.

5 Using a julienne peeler, cut carrot into strips. Place rice in a bowl. Add corn, snow peas, bean sprouts and onion to rice. Stir to combine. Slice pork. Divide rice mixture among serving bowls. Top with salad leaves, carrot, pork and coriander. Drizzle with dressing. Serve.

NUTRITION: (per serve) 2436kJ; 16.9g fat; 4.2g sat fat; 40g protein; 63.9g carbs; 5g fibre; 86mg chol; 831mg sodium.

RARE ROAST BEEF WITH WARM BARLEY AND ROAST VEGETABLE SALAD

SERVES 4

PREP 15 MINUTES (PLUS STANDING)

COOK 30 MINUTES

1 cup pearl barley, rinsed

2 cups salt-reduced chicken stock

¼ cup dried cranberries

100g green beans, trimmed

3 cups cold leftover mixed roast vegetables

2 tablespoons sunflower and pepita seed mix

½ cup fresh flat-leaf parley leaves

¼ cup fresh basil leaves

1 small eschalot, roughly chopped

2 tablespoons lemon juice

¼ cup extra virgin olive oil

2 teaspoons wholegrain mustard

500g piece cold leftover rare roast beef, sliced

1 Place barley, stock and 1 cup water in a saucepan over high heat. Cover. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 30 minutes or until tender and liquid is absorbed. Add cranberries and beans. Stand, covered, for 5 minutes.

2 Meanwhile, preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place vegetables, in a single layer, on prepared tray. Bake for 10 minutes or until heated through, sprinkling with seed mix halfway through cooking.

3 Place parsley, basil, eschalot, lemon juice and oil in a small food processor. Process until finely chopped. Transfer to a bowl. Add mustard. Season. Stir to combine.

4 Toss barley mixture and roast vegetables together in a large bowl. Divide among serving plates with roast beef. Drizzle over dressing. Serve.

NUTRITION: (per serve) 3061kJ; 29.6g fat; 5.7g sat fat; 50.9g protein; 58.6g carbs; 13.4g fibre; 87mg chol; 524mg sodium. >

Cook's note:

If you don't have leftover pork, cook 600g pork fillets or 4 pork medallion steaks until cooked through, brushing with hoisin sauce towards end of cooking.

RARE ROAST BEEF
WITH WARM BARLEY
AND ROAST VEGETABLE
SALAD

THE INFO

+ HIGH FIBRE
+ LEFTOVERS
+ LOWER SODIUM

\$4.79
PER SERVE

35

2.5
VEGIES PER
SERVE



HAM AND PINEAPPLE POKE BOWL

SERVES 4

PREP 15 MINUTES (PLUS 30 MINUTES REFRIGERATION AND STANDING)

COOK 15 MINUTES

500g piece cold leftover leg ham

⅓ cup ponzu sauce

1½ cups sushi rice

¼ cup sushi seasoning

2 green onions, thinly sliced

¼ cup sesame seeds, plus extra toasted seeds to serve

Olive oil cooking spray

½ pineapple, peeled, cored, cut into 2cm pieces

¼ red cabbage, shredded

1 small avocado, sliced

½ x 454g packet frozen edamame, thawed, peeled

4 baby cucumbers, halved lengthways

¼ teaspoon wasabi paste

1 Place ham in a dish. Drizzle with 2 tablespoons ponzu sauce. Turn ham to coat in sauce. Refrigerate for 30 minutes, if time permits.

2 Rinse and drain rice 3 times. Place rice and 1½ cups water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 12 minutes or until liquid is absorbed. Remove from heat. Stand, covered, for 10 minutes. Transfer rice to a large ceramic dish. Using a spatula, stir rice and break up lumps. Gradually add seasoning, lifting and turning rice. Set aside for 10 minutes to cool. Stir in onion.

3 Meanwhile, place sesame seeds on a plate. Remove ham from dish, discarding sauce. Press ham in sesame seeds to coat all over. Heat a frying pan over medium heat. Spray ham with the oil. Cook for 2 minutes each side or until sesame seeds are toasted. Transfer to a chopping board.

4 Cut ham into 2cm pieces. Place in a bowl. Add pineapple. Toss to combine. Arrange rice, cabbage, avocado, edamame, cucumber and ham mixture in serving bowls. Whisk wasabi and remaining ponzu sauce and together in a small bowl. Drizzle over bowls. Serve sprinkled with extra sesame seeds.

NUTRITION: (per serve) 2997kJ; 21.5g fat; 2.5g sat fat; 35.4g protein; 90.6g carbs; 11g fibre; 65mg chol; 2331mg sodium.

HAM AND PINEAPPLE POKE BOWL

THE INFO

+ GREAT FOR KIDS
+ HIGH FIBRE
+ LEFTOVERS
+ LOW SATURATED FAT

\$5.48
PER SERVE

2
VEGIES PER SERVE

TURKEY AND CRUNCHY HASH SALAD

SERVES 4

PREP 15 MINUTES COOK 20 MINUTES

4 cups cold leftover roast vegetables, roughly chopped (see notes)

2 tablespoons finely grated parmesan

2 tablespoons panko breadcrumbs

1 teaspoon chopped fresh thyme leaves

130g sweet berry truss tomatoes, cut into bunches

1 tablespoon whole berry cranberry sauce

1½ tablespoons extra virgin olive oil

2 teaspoons red wine vinegar

2 teaspoons wholegrain mustard

400g piece cold cooked turkey breast, with skin, sliced (see notes)

60g baby rocket

1 avocado, sliced

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper. Combine roast vegetables, parmesan, breadcrumbs and thyme in a large bowl.

Place, in a single layer, on prepared tray. Using a potato masher, crush vegetables slightly. Bake for 20 minutes, adding tomato in the last 5 minutes of cooking. Stand for 5 minutes.

2 Meanwhile, whisk cranberry sauce, oil, vinegar, mustard and 1 tablespoon water in a small bowl. Season with salt and pepper.

3 Arrange turkey, rocket, avocado, vegetables and tomato on a serving board. Drizzle with dressing. Serve.

NUTRITION: (per serve) 2349kJ; 34.9g fat; 8.2g sat fat; 28.4g protein; 29.9g carbs; 7.6g fibre; 68mg chol; 378mg sodium.

Cook's notes:

+ We used a combination of roast potatoes, pumpkin, onion and carrot.

+ If you don't have leftover turkey, cook **2 large turkey breast steaks on a barbecue hotplate or grill on medium-high heat for 4 minutes each side or until cooked through.**



TURKEY AND CRUNCHY HASH SALAD

THE INFO

+ HIGH FIBRE
+ LEFTOVERS
+ LOWER SODIUM

\$5.21
PER SERVE

35

4.5
VEGIES PER
SERVE



PERI PERI TURKEY AND MANGO SALSA RICE BOWL

SERVES 4

PREP 15 MINUTES

COOK 35 MINUTES

- 1½ cups mountain blend rice
- 400g piece cold cooked turkey breast, no skin (see notes, left)
- 2 tablespoons medium peri peri sauce
- 1 mango, cut into 1cm pieces
- 1 Lebanese cucumber, seeded, cut into 1cm pieces
- 1 small red capsicum, cut into 1cm pieces
- ½ small red onion, finely chopped
- 2 tablespoons lime juice
- 1 cos lettuce heart, leaves separated
- Lime wedges and parsley sprigs, to serve

1 Place rice and 2 cups water in a saucepan over medium heat. Cover. Bring to the boil. Reduce heat to low. Simmer, covered, for 35 minutes or until liquid is absorbed. Remove from heat. Stand, covered, for 5 minutes.

2 Meanwhile, preheat oven to 200°C/180°C fan-forced. Line a baking tray with baking paper. Place turkey on prepared tray. Brush with peri peri sauce. Bake for 10 minutes or until heated through.

3 Place mango, cucumber, capsicum, onion and lime juice in a bowl. Toss to combine.

4 Slice turkey. Divide rice among serving bowls. Top with turkey and lettuce. Spoon over salsa. Serve with lime wedges and parsley sprigs.

NUTRITION: (per serve) 2298kJ; 6.8g fat; 1.4g sat fat; 38.9g protein; 77.1g carbs; 7.9g fibre; 65mg chol; 478mg sodium. ■

PERI PERI TURKEY AND MANGO SALSA RICE BOWL

THE INFO

+ HIGH FIBRE
+ LEFTOVERS

\$4.79
PER SERVE

50

2
VEGIES PER
SERVE

BREKKIE BOARD

No need to plate up the morning-after big breakfast. Simply put everything out onto a board so people can pick and choose whatever they like



Kim says:

+ TO MAKE THE ULTIMATE BREKKIE BOARD: Complete this board by adding beef chipolata sausages, roasted cherry truss tomatoes, potato gems with melted parmesan, lots of toast and for those feeling a little worse for wear, a bloody Mary!

SMOKY BACON CHILLI BAKED BEANS

SERVES 8

PREP 15 MINUTES COOK 1 HOUR

- 1 brown onion, finely chopped
- 4 middle bacon rashers, trimmed, chopped
- 1 tablespoon extra virgin olive oil
- 2 garlic cloves, crushed
- 1 tablespoon smoked paprika
- 2 dried bay leaves
- 2 tablespoons golden syrup
- 2 tablespoons barbecue sauce
- 1 tablespoon Worcestershire sauce
- 680g bottle tomato passata
- 400g can red kidney beans, drained, rinsed
- 400g can cannellini beans, drained, rinsed
- 400g can black beans, drained, rinsed
- 2 long red chillies, sliced
- ¼ cup chopped fresh coriander leaves

- 1 Preheat oven to 180°C/160°C fan-forced.
- 2 Place onion and bacon in a small roasting pan. Drizzle with oil. Bake, stirring halfway through cooking, for 15 minutes or until golden.
- 3 Add garlic, paprika and bay leaves. Stir to combine. Add golden syrup, sauces, passata and beans. Stir to combine. Season with salt and pepper. Cover pan tightly with foil. Bake for 30 minutes. Remove foil. Bake for a further 15 minutes or until beans are heated through and sauce has thickened. Discard bay leaves. Stir in chilli and coriander. Serve.

NUTRITION: (per serve) 932kJ; 5.3g fat; 1g sat fat; 11g protein; 27.8g carbs; 9.4g fibre; 9mg chol; 620mg sodium.

CHORIZO AND HALOUMI FRY-UP

SERVES 8

PREP 10 MINUTES COOK 10 MINUTES

- 1 tablespoon extra virgin olive oil
- 2 chorizo, sliced diagonally
- 1 red onion, cut into wedges
- 250g haloumi, sliced
- 1 lemon, halved

- 1 Heat oil in a large frying pan over medium-high heat. Cook chorizo and onion, turning, for 4 to 5 minutes or until browned and chorizo is heated through. Transfer to a plate.
- 2 Add haloumi to pan. Cook for 1 to 2 minutes each side or until golden. Return chorizo mixture to pan. Season with pepper. Toss to combine. Transfer to a serving plate.
- 3 Add lemon to pan, cut-side down. Cook for 1 minute or until charred. Serve chorizo mixture with lemon.

NUTRITION: (per serve) 820kJ; 14.6g fat; 6.3g sat fat; 13.3g protein; 2g carbs; 0.9g fibre; 60mg chol; 1187mg sodium.

MARINATED FETTA AND DILL BAKED OMELETTE

SERVES 8

PREP 10 MINUTES (PLUS 10 MINUTES STANDING) COOK 20 MINUTES

- 10 eggs
- ½ cup pure cream
- ¾ cup finely grated parmesan
- 1 garlic clove, crushed
- 2 green onions, chopped
- 2 tablespoons chopped fresh dill
- ½ x 350g tub marinated fetta, drained, lightly crushed
- ¼ cup basil pesto, to serve

- 1 Preheat oven to 180°C/160°C fan-forced.

Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper, extending paper 2cm above edges of pan.

- 2 Whisk eggs, cream, parmesan and garlic together in a bowl. Add onion and dill. Season with salt and pepper. Pour mixture into prepared pan. Sprinkle with fetta. Bake for 15 to 20 minutes or until mixture is just firm to touch. Stand for 10 minutes.
- 3 Serve omelette cut into pieces and dolloped with pesto.

NUTRITION: (per serve) 1169kJ; 23g fat; 10.4g sat fat; 16.5g protein; 1.7g carbs; 0.4g fibre; 349mg chol; 580mg sodium.

CHILLI-SPIKED AVOCADO WEDGES

SERVES 8

PREP 10 MINUTES

- 1 tablespoon lime juice
- 1 tablespoon extra virgin olive oil
- 3 teaspoons green pepper Tabasco sauce
- 1 tablespoon chopped fresh coriander leaves
- 2 avocados, cut into wedges
- Sea salt, to serve

- 1 Whisk lime juice, oil, Tabasco and coriander in a small bowl.
- 2 Place avocado onto a serving plate or in a shallow bowl. Drizzle with dressing. Sprinkle with sea salt. Serve.

NUTRITION: (per serve) 435kJ; 10.9g fat; 2.3g sat fat; 0.8g protein; 0.2g carbs; 1.3g fibre; 0mg chol; 51mg sodium. >



SMOKY BACON CHILLI
BAKED BEANS

THE INFO

- + HIGH FIBRE
- + LOW FAT
- + ONE PAN

\$1.41
PER SERVE

CHORIZO AND
HALOUMI FRY-UP

THE INFO

- + ONE PAN

\$1.48
PER SERVE

20

CHILLI-SPIKED
AVOCADO WEDGES

THE INFO

- + NO COOK
- + SUPER FAST
- + VEGETARIAN

\$1.05
PER SERVE

40

MARINATED FETTA AND
DILL BAKED OMELETTE

THE INFO

- + MAKE AHEAD
- + ONE PAN
- + VEGETARIAN

\$1.29
PER SERVE

40

APPLE AND COCONUT
OVERNIGHT OATS

THE INFO

- + HIGH FIBRE
- + LOWER SODIUM
- + MAKE AHEAD

\$1.49
PER SERVE

CRUNCHY SEED
GRANOLA TOPPING

THE INFO

- + GLUTEN FREE
- + LOWER SODIUM
- + ONE PAN

\$0.64
PER SERVE



BERRY CINNAMON
COMPOSITE

THE INFO

- + GLUTEN FREE
- + HEART FRIENDLY
- + LOW FAT

\$2.89
PER SERVE

BRUNCH DATE

Sleeping in and rising late – that's what summer holidays are made for. And so is this beautiful brunch board, perfect for sharing when you're catching up with friends mid-morning

APPLE AND COCONUT OVERNIGHT OATS

SERVES 8

PREP 10 MINUTES (PLUS OVERNIGHT REFRIGERATION)

4 cups traditional rolled oats

⅔ cup white chia seeds

1 litre almond milk

1 cup coconut yoghurt, plus extra to serve

2 tablespoons maple syrup

1 Granny Smith apple, grated

1 teaspoon finely grated orange rind

4 sliced bananas, ⅓ cup toasted natural sliced almonds and ⅓ cup coconut flakes, to serve

1 Place oats, chia seeds, milk, yoghurt, maple syrup, apple and orange rind in an airtight container. Stir well. Cover. Refrigerate overnight.

2 Stir oat mixture. Serve topped with extra yoghurt, banana, almonds and coconut flakes.

NUTRITION: (per serve) 1661kJ; 18.5g fat; 6.6g sat fat; 10.8g protein; 41.7g carbs; 12.1g fibre; 0mg chol; 63mg sodium.

CRUNCHY SEED GRANOLA TOPPING

SERVES 8

PREP 5 MINUTES (PLUS COOLING)

COOK 15 MINUTES

USE THIS GRANOLA AS A TOPPING FOR OATS, YOGHURT, WAFFLES OR PANCAKES.

½ cup pepitas

½ cup sunflower kernels

½ cup natural almonds, roughly chopped

¼ cup sesame seeds

25g butter, chopped

¼ cup honey

1 Preheat oven to 200°C/180°C fan-forced. Line a large baking tray with baking paper.
2 Place pepitas, sunflower kernels, almonds and sesame seeds on prepared tray. Stir to combine. Dot with butter. Drizzle with honey. Bake, stirring every 5 minutes, for 10 to 15 minutes or until golden. Cool completely. Break up into smaller pieces. Serve.

NUTRITION: (per serve) 851kJ; 15.3g fat; 3.2g sat fat; 6.2g protein; 10.3g carbs; 1.9g fibre; 5mg chol; 29mg sodium.

BERRY CINNAMON COMPOTE

SERVES 8

PREP 5 MINUTES (PLUS COOLING)

COOK 10 MINUTES

500g strawberries, hulled, halved

125g blueberries

250g raspberries

¼ cup caster sugar

1 cinnamon stick

1 vanilla bean, split

1 Place strawberry, blueberries, raspberries, sugar, cinnamon, vanilla bean and 1 tablespoon water in a saucepan over medium heat. Cook, stirring, for 3 to 4 minutes or until sugar has dissolved.

2 Increase heat to medium-high. Simmer, stirring occasionally, for 5 minutes or until berries have softened. Remove from heat. Set aside to cool. Serve.

NUTRITION: (per serve) 270kJ; 0.2g fat; 0.02g sat fat; 0.9g protein; 12.9g carbs; 3.6g fibre; 0mg chol; 2mg sodium. >



Kim says:

+ TO MAKE THE BRUNCH

BOARD: Complete this board by adding toasted waffles, cooked maple-glazed streaky bacon, passionfruit yoghurt and lots of fresh fruit.

GRAZED OVER

A platter of gooey baked brie, creamy cheese log and plenty of cold cuts makes the ideal starter for a relaxed gathering and is so easy to prepare (and devour!)



Kim says:

+ TO MAKE THE GRAZING

BOARD: We also added sliced truffle salami and mortadella, a wedge of blue cheese,

marinated mixed olives, chargrilled eggplant, sun-dried tomatoes, assorted crackers, dried fruit and nuts, and fresh fruit.

HERB CREAM CHEESE LOG

SERVES 8

PREP 20 MINUTES (PLUS STANDING AND REFRIGERATION)

250g cream cheese, softened

2 teaspoons port

1 garlic clove, crushed

2 tablespoons finely chopped toasted pecans

1 tablespoon finely chopped fresh chives

1 tablespoon finely chopped fresh flat-leaf parsley leaves

1 teaspoon finely chopped fresh thyme leaves

1 Using an electric mixer, beat cream cheese for 3 to 4 minutes or until smooth and fluffy. Add port and garlic. Season with salt and pepper. Beat until well combined.

2 Spoon mixture onto a 25cm-long piece of baking paper to form a 15cm-long log. Using paper as a guide, roll up from 1 long side, twisting ends of paper (mixture will be quite soft). Refrigerate for 15 minutes to firm up slightly.

3 Combine the pecans, chives, parsley and thyme in a bowl. Spoon onto a plate. Remove log from paper. Roll in herb mixture to coat, including ends. Refrigerate until required.

4 Remove log from fridge. Stand for 10 minutes. Serve.

NUTRITION: (per serve) 539kJ; 12.3g fat; 7.6g sat fat; 2.6g protein; 1.1g carbs; 0.4g fibre; 31mg chol; 135mg sodium.

PROSCIUTTO AND CRANBERRY ASPARAGUS

MAKES 16

PREP 15 MINUTES

COOK 5 MINUTES

2 tablespoons jellied cranberry sauce

1 teaspoon chopped fresh thyme leaves

8 thin slices prosciutto

16 asparagus spears, trimmed

1 tablespoon extra virgin olive oil

1 Combine cranberry sauce and thyme in a microwave-safe bowl. Microwave on HIGH (100%) for 30 seconds or until jelly is melted and smooth.

2 Cut prosciutto in half crossways. Wrap 1 piece of prosciutto around each asparagus spear.

3 Heat oil in a frying pan over medium-high heat. Cook asparagus, turning and brushing with glaze, for 2 to 3 minutes or until just tender and caramelised. Season. Serve.

NUTRITION: (each) 204kJ; 2.8g fat; 0.8g sat fat; 3.1g protein; 2.7g carbs; 0.5g fibre; 16mg chol; 160mg sodium.

BAKED BRIE WITH ROASTED BALSAMIC STRAWBERRIES

SERVES 8

PREP 5 MINUTES (PLUS 5 MINUTES STANDING) COOK 30 MINUTES

250g strawberries, hulled, halved

2 sprigs fresh rosemary

2 tablespoons honey

2 tablespoons balsamic vinegar

200g whole brie round

1 tablespoon chopped pistachio kernels

1 Preheat oven to 200°C/180°C fan-forced.

2 Place strawberry and rosemary in a small roasting pan. Drizzle with honey and ½ the vinegar. Season. Roast for 5 to 8 minutes or until just tender. Drizzle with remaining vinegar. Set aside.

3 Reduce oven to 150°C/130°C fan-forced.

Place brie on a baking tray lined with baking paper. Bake for 15 to 20 minutes or until brie is just soft to touch. Stand for 5 minutes.

4 Spoon strawberry mixture on top of brie. Sprinkle with pistachios. Serve immediately.

NUTRITION: (per serve) 563kJ; 8.7g fat; 5.3g sat fat; 5.4g protein; 8.1g carbs; 1g fibre; 23mg chol; 179mg sodium. >

PROSCIUTTO
AND CRANBERRY
ASPARAGUS

THE INFO

+ JUST 5 INGREDIENTS
+ SUPER EASY

\$0.74
EACH



HERB CREAM
CHEESE LOG

THE INFO

+ MAKE AHEAD
+ VEGETARIAN

\$0.41
PER SERVE



BAKED BRIE WITH
ROASTED BALSAMIC
STRAWBERRIES

THE INFO

+ GLUTEN FREE
+ JUST 6 INGREDIENTS
+ VEGETARIAN

\$1.32
PER SERVE



TWICE-COOKED
POTATO WEDGES

THE INFO

+ GREAT FOR KIDS
+ LOW SATURATED FAT

\$1.64
PER SERVE

EGGPLANT AND
SWEET POTATO
PATTIES

THE INFO

+ HIGH FIBRE
+ VEGETARIAN

\$1.79
EACH

2
VEGIES PER
SERVE

BEEF AND CHEDDAR
PATTIES

THE INFO

+ GREAT FOR KIDS
+ SUPER EASY

\$1.13
EACH



BUILD A BURGER

Who would have guessed the secret to fuss-free entertaining is letting guests make their own dinner (well, sort of)? This board provides all the essentials for a mouth-watering burger



Kim says:

+ TO MAKE THE BURGER

BOARD: Our must-haves for the perfect burger include lettuce leaves, sliced tomato, cheese slices, pickled cucumbers, tomato sauce, smoky barbecue sauce, chilli sauce, aioli, and the softest brioche buns you can find!

TWICE-COOKED POTATO WEDGES

SERVES 6

PREP 15 MINUTES COOK 1 HOUR

1.5kg sebago potatoes, cut into wedges
6 sprigs fresh thyme, leaves picked
2 teaspoons chicken salt
2 teaspoons garlic powder
1 teaspoon cracked black pepper
½ teaspoon chilli powder
2 tablespoons extra virgin olive oil

1 Preheat oven to 220°C/200°C fan-forced. Line 2 large baking trays with baking paper.
2 Place potato in a large saucepan of water. Bring to the boil over high heat. Using a slotted spoon, transfer potato to a tray lined with paper towel to drain. Pat dry. Transfer to prepared trays, arranging in a single layer.

3 Combine thyme, chicken salt, garlic powder, pepper and chilli powder in a small bowl. Sprinkle over potato on trays. Drizzle with oil. Roast, turning potato every 15 minutes, for 45 minutes or until golden and crisp. Serve.

NUTRITION: (per serve) 723kJ; 5g fat; 0.8g sat fat; 4.5g protein; 24.8g carbs; 3.9g fibre; 0mg chol; 398mg sodium.

EGGPLANT AND SWEET POTATO PATTIES

MAKES 6

PREP 20 MINUTES (PLUS COOLING AND 30 MINUTES REFRIGERATION)
COOK 40 MINUTES

¼ cup extra virgin olive oil
500g sweet potato, peeled, diced
500g eggplant, diced
2 garlic cloves, crushed
2 green onions, chopped
100g fetta, crumbled
¼ cup chopped fresh basil leaves
1¼ cups fresh breadcrumbs
1 egg, lightly beaten

1 Heat 1 tablespoon oil in a large frying pan over medium-high heat. Cook sweet potato and eggplant, stirring occasionally, for 10 to 15 minutes or until very tender. Add garlic and onion. Cook for 1 minute. Transfer to a bowl. Cool completely.

2 Add fetta, basil, breadcrumbs and egg to sweet potato mixture. Season with pepper. Mix well. Shape into 6 equal patties. Place on a plate. Refrigerate for 30 minutes.

3 Heat remaining oil in a large frying pan over medium-high heat. Cook patties, in 2 batches, for 4 to 5 minutes each side or until golden and heated through. Serve.

NUTRITION: (each) 1588kJ; 16.1g fat; 4.6g sat fat; 12.1g protein; 43.1g carbs; 6.5g fibre; 53mg chol; 505mg sodium.

BEEF AND CHEDDAR PATTIES

MAKES 6

PREP 20 MINUTES (PLUS 30 MINUTES REFRIGERATION) COOK 20 MINUTES

500g beef mince

1 small brown onion, grated

⅓ cup grated cheddar

¼ cup chopped fresh flat-leaf parsley leaves

1 garlic clove, crushed

1¼ cups fresh breadcrumbs

1 tablespoon smoky barbecue sauce

1 tablespoon Worcestershire sauce

1 egg, lightly beaten

2 tablespoons extra virgin olive oil

1 Place mince, onion, cheddar, parsley, garlic, breadcrumbs, sauces and egg in a bowl. Season with salt and pepper. Mix to combine. Shape mixture into 6 patties. Place on a plate. Refrigerate for 30 minutes.

2 Heat oil in a large frying pan over medium-high heat. Cook patties, in 2 batches, for 4 to 5 minutes each side or until browned and cooked through. Serve.

NUTRITION: (each) 1552kJ; 18.9g fat; 6.8g sat fat; 25.8g protein; 23.8g carbs; 1.9g fibre; 114mg chol; 411mg sodium. >

DESSERT ISLAND

Can't decide what is the ultimate dessert to serve?
In a sea of savoury, this sweet assortment is the answer
to everyone's dreams. Make ahead and eat right now!



Kim says:

+ TO MAKE THE DESSERT

BOARD: Top off this indulgent platter by adding Dr Oetker Easy Choc,

caramel sauce, lemon curd, whipped cream, marshmallows, fresh fruit, mint leaves, and milk and white chocolate.

MOCHA TRUFFLES WITH CANDIED HAZELNUTS

MAKES 20

PREP 1 HOUR (PLUS 1 HOUR 30 MINUTES REFRIGERATION) **COOK** 20 MINUTES

1/3 cup caster sugar

1/4 cup skinless hazelnuts

200g milk chocolate, chopped

2 tablespoons thickened cream

2 teaspoons instant coffee powder

200g dark chocolate, chopped

1 Line 2 baking trays with baking paper. Place sugar and 1/3 cup water in a small saucepan over medium heat. Cook, stirring, for 5 minutes or until sugar has dissolved. Increase heat to high. Boil, without stirring, for 5 to 7 minutes or until mixture turns dark golden. Remove from heat.

2 Using 2 forks and working quickly, dip hazelnuts, 1 at a time, into toffee mixture to coat. Transfer to 1 prepared tray, keeping hazelnuts separate (return toffee to heat to re-melt, if starting to set). Cool completely.

3 Meanwhile, place milk chocolate, cream and coffee powder in a microwave-safe bowl. Microwave on HIGH (100%), stirring every 30 seconds, for 1 to 2 minutes or until melted and smooth. Refrigerate for 1 hour, stirring occasionally, until mixture is just firm but not completely set.

4 Using 2 level teaspoons of chocolate mixture at a time, shape around 1 hazelnut, rolling into a ball. Place on remaining

prepared tray. Reserve leftover hazelnuts. Refrigerate balls for 20 minutes.

5 Finely chop reserved hazelnuts.

6 Place dark chocolate in a microwave-safe bowl. Microwave on HIGH (100%), stirring with a metal spoon every 30 seconds, for 1 to 2 minutes or until melted and smooth. Stand for 1 minute. One at a time, place truffles in chocolate to coat. Using a fork, lift truffles, draining excess chocolate. Return to tray. Sprinkle with chopped hazelnut.

Refrigerate for 10 minutes or until set. Serve.

NUTRITION: (each) 567kJ; 7.9g fat; 3.7g sat fat; 1.5g protein; 15g carbs; 0.7g fibre; 4mg chol; 10mg sodium.

CHERRY, WALNUT AND CHOC-CHUNK BROWNIES

SERVES 24

PREP 20 MINUTES (PLUS COOLING)

COOK 45 MINUTES

250g butter, chopped

300g dark chocolate, roughly chopped

2 cups caster sugar

4 eggs

2 cups plain flour

1/3 cup cocoa powder

1 cup frozen cherries, thawed, quartered

1/2 cup walnuts, roughly chopped

1 Preheat oven to 190°C/170°C fan-forced. Grease a 20cm x 30cm lamington pan. Line base and sides with baking paper.

2 Place butter and 200g chocolate in a saucepan over medium heat. Cook, stirring occasionally, for 5 minutes or until melted and smooth. Cool for 10 minutes.

3 Whisk in sugar and eggs until just combined. Add flour and cocoa. Stir well.

4 Pat cherries dry with paper towel. Add to chocolate mixture with walnuts and remaining chocolate. Fold to combine. Spoon mixture into prepared pan. Bake for 40 minutes or until just firm to touch. Cool in pan. Cut into squares. Serve.

NUTRITION: (per serve) 1197kJ; 15.2g fat; 8.2g sat fat; 4.1g protein; 34.1g carbs; 1.2g fibre; 60mg chol; 98mg sodium

STRAWBERRY-SWIRL MERINGUE NESTS

MAKES 12

PREP 30 MINUTES

COOK 35 MINUTES (PLUS COOLING)

YOU'LL NEED A PIPING BAG FITTED WITH 1CM FLUTED NOZZLE FOR THIS RECIPE.

2 egg whites

1/2 cup caster sugar

1 teaspoon strawberries and cream essence

Pink gel food colouring

Assorted sprinkles, to decorate

1 Preheat oven to 150°C/130°C fan-forced. Line a large baking tray with baking paper.

2 Using an electric mixer, beat egg whites until soft peaks form. Gradually beat in sugar, 1 tablespoon at a time, until sugar is dissolved. Add essence. Beat to combine.

3 Run a skewer dipped in pink food colouring down the sides of a piping bag fitted with a 1cm fluted nozzle to form 3 stripes. Spoon meringue into piping bag. Pipe mixture, about 6cm in diameter and 4cm apart, onto prepared tray to form meringue nests. Decorate with sprinkles.

4 Place in oven. Reduce oven to 130°C/110°C fan-forced. Bake for 30 to 35 minutes or until just firm to touch. Turn off oven. Cool completely in oven with door ajar. Serve.

NUTRITION: (each) 159kJ; 0g fat; 0g sat fat; 0.7g protein; 8.8g carbs; 0g fibre; 0mg chol; 10mg sodium. ■

SFI recommends:

Ready in under a minute, Dr Oetker Easy Choc microwaveable pots are available in milk and white choc, and are perfect for dipping with fruits and pretzels.



CHERRY, WALNUT
AND CHOC-CHUNK
BROWNIES

THE INFO

+ MAKE AHEAD
+ SUPER EASY

\$0.59
PER SERVE



STRAWBERRY-SWIRL
MERINGUE NESTS

THE INFO

+ GREAT FOR KIDS
+ JUST 5 INGREDIENTS
+ LOW SATURATED FAT
+ MAKE AHEAD

\$0.10
EACH



MOCHA TRUFFLES
WITH CANDIED
HAZELNUTS

THE INFO

+ GLUTEN FREE
+ JUST 6 INGREDIENTS
+ MAKE AHEAD

\$0.51
EACH



SUPER SHELF

Check out these great products in shops and supermarkets



The more the merrier

We love its jams and cordials, and now Barker's New Zealand is extending its range of products to include relishes, chutneys and sauces. Made on the original family farm in rural New Zealand, the range is available in local independent grocery stores. Visit barkers.com.au for stockists.



One for all...

This larger-than-life Grand Ferrero Rocher, \$18, combines milk chocolate with finely roasted hazelnut pieces crafted into a chocolate shell. Crack it open to reveal a surprise of individual Ferrero Rocher inside. Available in two sizes, find it at supermarkets. Visit ferrerorocher.com.



Dress to impress

Jazz up Asian-inspired salads in seconds with Praise Deli Style Roasted Sesame Olive Oil Vinaigrette, \$3.49. The delicious blend of sesame, soy sauce and olive oil is great tossed through cold noodle salads or Asian slaws. Find it at supermarkets. For recipe ideas, visit praise.com.au.



Burst of flavour

Perfect for cakes, biscuits and desserts, the new Queen Baking Pastes, \$2.99, allow you to add concentrated, natural flavouring without the worry of seeds, preparation or seasonal availability. Available in cinnamon, lime, passionfruit and raspberry, visit queen.com.au/bakingpastest for more information.



The real deal

Your Christmas potato salad isn't complete without S&W Whole Egg Mayonnaise, \$6. The home-style recipe is made from whole eggs so it has a smooth texture and creamy flavour, and is now available in a 440g value pack for all your cooking needs. Visit swmayonnaise.com.au for more information.



Sweet burst

Sunbeam Australian Sultanas, \$3.85, are sun-dried for at least 12 days before being harvested to develop their super-sweet flavour. Great for snacking and adding to your baking, they're also an essential ingredient in Christmas fruit mince. Visit sunbeamfoods.com.au.



Presto pesto

Open up a jar of Barilla Sundried Tomato Pesto for an easy, no-fuss dinner that doesn't compromise on flavour. Only the best ripened tomatoes are gently dried under the Italian sun to give this pesto a true flavour kick. Stir through your favourite pasta or use as a dip when entertaining. Go to barilla.com/en-au/.



Last-minute lifesaver

If you find yourself stressed and pressed for time this Christmas (who isn't?) then this Woolworths Gold Decadent Dark Chocolate Mud Cake, \$15, is for you. The ready-made cake is flecked with gold dust, and topped with white chocolate baubles and curls. Get yours from Woolworths.



Stand and deliver

The possibilities are endless with a KitchenAid Stand Mixer. There are 15 handy attachments to choose from, including a food processor, spiraliser and pasta roller, so whether you're after fresh ravioli, veggie noodles or even ice-cream, consider dinner (and dessert!) sorted. Visit kitchenaid.com.au.

super Food Ideas

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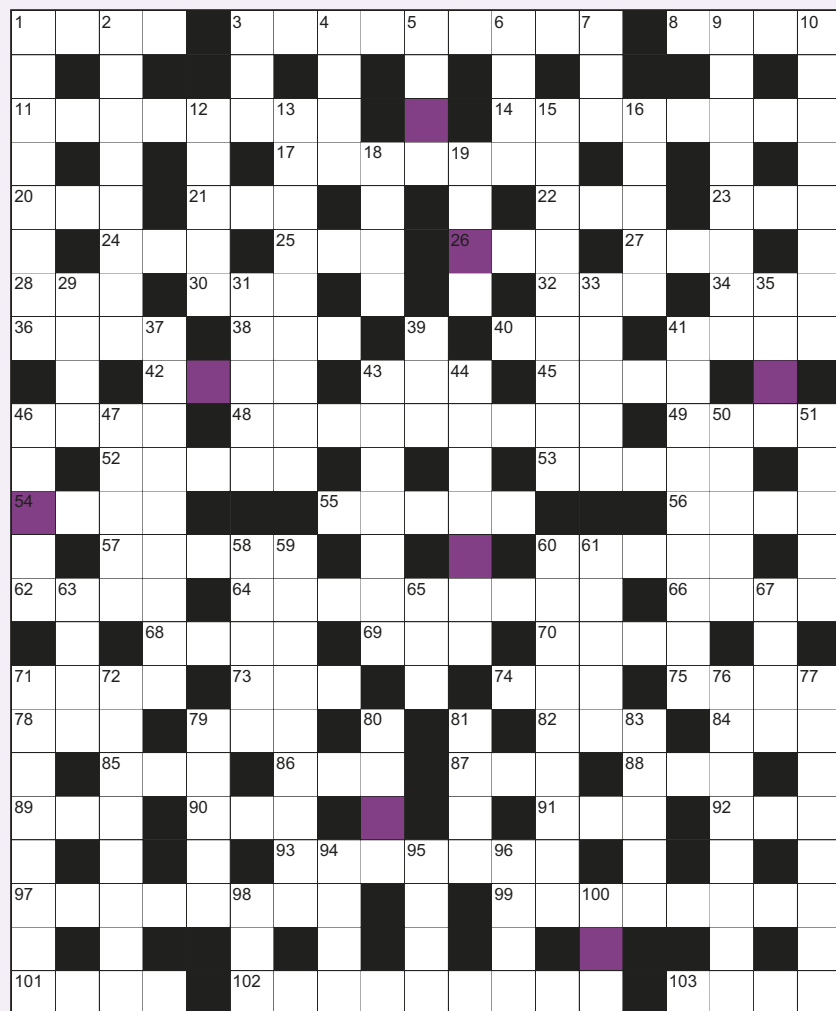
OMG! The holidays are almost over, and it's back to school and, gulp, back to work. Never fear, *SFI* is here! With fresh and fast dinners to keep you out of the kitchen and lots of lunchbox ideas, February looks like fun, too!

Don't miss:

- ✚ When did the school lunchbox become such a minefield? Long gone is the humble Vegemite and cheese sandwich. These days the pressure's on to provide an Instagram-worthy bento box that's also nut-free, gluten-free and plastic-free!
- ✚ PLUS, celebrate the Lunar New Year, get ready to do 'dunch' (that's dinner turned into tomorrow's lunch), and get your budget back on track.

PUZZLES

CROSSWORD WHEN THE CROSSWORD IS COMPLETE, THE COLOURED BOXES SPELL OUT A MYSTERY WORD.



ACROSS

- 1 Whisk (cream)
- 3 Waveband
- 8 Aloha actress, ... Stone
- 11 Implanted
- 14 Hopping marsupial
- 17 Chinese fruits
- 20 ... & flow
- 21 Missing in action (1,1,1)
- 22 Morose
- 23 Aye
- 24 Wedding vow (1,2)
- 25 Baby's apron
- 26 Bread grain
- 27 Poorly lit
- 28 Famous lover, ... Juan
- 30 Brazil's ... Paulo
- 32 Fifth month
- 34 Self-pride
- 36 Aromatic herb
- 38 Be nosy
- 40 Major tech firm (1,1,1)
- 41 Ox-like antelopes
- 42 Mama & ...
- 43 Express verbally
- 45 Actress, ... Liu
- 46 Bangkok cuisine
- 48 Mental views
- 49 Create
- 52 Clean (fish)
- 53 College supervisors
- 54 Manage
- 55 Sweet biscuits, brandy ...
- 56 Onto
- 57 Inserted piece
- 60 Bring up (children)
- 62 Religious offshoot
- 64 Went back in (2-7)
- 66 Coloured part of eye
- 68 Paper quantity
- 69 BBQ fuel
- 70 Soya-bean curd
- 71 This place
- 73 Health spring
- 74 Companion
- 75 Domestic servant
- 78 Roman I
- 79 Nautical shelter
- 82 ... & buts
- 84 Typist's complaint (1,1,1)
- 85 Honey insect
- 86 Random breath test (1,1,1)
- 87 LA suburb, ... Air
- 88 Spoil
- 89 Expert
- 90 Cute ... button (2,1)
- 91 First woman

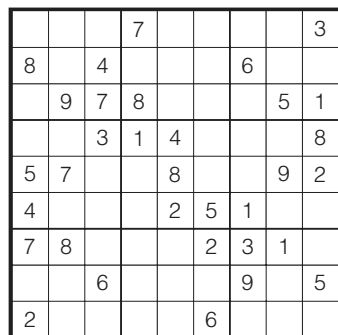
DOWN

- 92 Rotten
- 93 Farm vehicle
- 97 Party guest
- 99 Cigar receptacles
- 101 Finales
- 102 Disinfected
- 103 House frame upright
- 1 Saturdays & Sundays
- 2 Drinking (alcohol)
- 3 Supplied with food
- 4 Whirlpool
- 5 Great Salt Lake state
- 6 Athletic-shoe manufacturer
- 7 Japanese currency
- 9 Robin Hood's helpers (5,3)
- 10 Guacamole fruits
- 12 Street protests
- 13 Fancy
- 15 Congregated
- 16 Light-headed
- 18 Ears of corn
- 19 Noble rank
- 29 Sworn promise
- 31 Disgust
- 33 Cause laughter
- 35 Sticky muck
- 37 Earthquake focus
- 39 Cooking grease
- 41 Fitness club
- 43 Giving autograph
- 44 Affluent young professionals
- 46 Mexican snacks
- 47 Savoury jelly
- 50 Showy flower
- 51 World fairs
- 58 Remove completely
- 59 Moderate (weather)
- 60 Sellers
- 61 Nazi leader, ... Hitler
- 63 Smooth
- 65 GST
- 67 Curved-bill wading bird
- 71 Cooking surface
- 72 Restarted (laptop)
- 76 Proud
- 77 Dispersed
- 79 Ascertain
- 80 Europe's tallest volcano
- 81 Aid in crime
- 83 Process raw mineral
- 84 Horse control strap
- 95 Cover (in crumbs)
- 96 Porridge flakes
- 98 Nightclub music hosts (1,2)
- 100 Kept under wraps

SOLUTION:

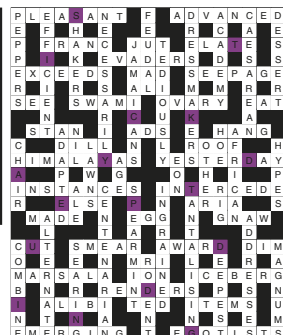
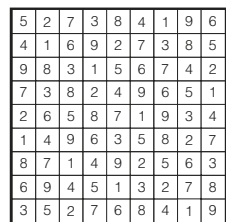
SUDOKU

Every number from 1 to 9 must appear in a square in every row, column and 3 x 3 box.



NOVEMBER ISSUE'S SOLUTIONS

Issue 197, Sudoku (below left)
Issue 197 Crossword (below right):
Sticky date pudding



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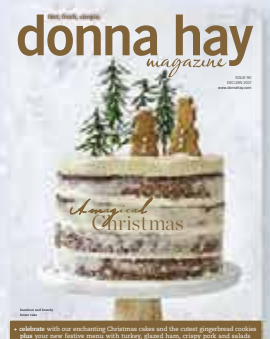
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